

Subject:  <b>Physical Education</b>  <b>Year 8</b>	<b><u>Autumn HT 1</u></b>  <b>Netball or Football</b> (Developing Techniques, Tactics & Strategies)	<b><u>Autumn HT 2</u></b>  <b>Group 1 (Mixed) Basketball</b> (Developing Techniques & Tactics and Strategies)  <b>Group 2 (Mixed) Trampolining</b> (Developing Techniques & Analysing Performance)  <b>Cross Country &amp; Orienteering</b> (Development of Personal Health, Problem Solving)	<b><u>Spring HT 1</u></b>  <b>Group 1 (Mixed) Trampolining</b> (Developing Techniques & Analysing Performance)  <b>Group 2 (Mixed) Basketball</b> (Developing Techniques & Tactics and Strategies)	<b><u>Spring HT 2</u></b>  <b>Boys Rugby League</b> (Developing Techniques, Tactics & Strategies)  <b>Girls Rugby League</b> (Developing Techniques, Tactics & Strategies)	<b><u>Summer HT 1</u></b>  <b>Group 1 Athletics</b> (Developing Techniques & Analysing Performance)  <b>Group 2 Athletics</b> (Developing Techniques & Analysing Performance)	<b><u>Summer HT 2 –</u></b>  <b>Boys/Girls Health for Life (Social, Mental)</b> (Problem Solving, and development of personal Health)  <b>Cricket or Rounders (Mixed)</b> (Tactics & Strategies, Developing Techniques)
	<b><u>Football</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Ball control</li><li>Passing- short</li><li>Dribbling</li><li>Turns/ direction change</li><li>Defending effectively one- on- one/ as a team</li><li>Shooting/ game application</li></ul> <b><u>Netball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Footwork in a competitive situation</li><li>Passing and receiving on the move</li><li>Techniques to move effectively into a space</li><li>Timing of movement in attack</li><li>Defending effectively on and off the ball (techniques and strategies)</li><li>Shooting in a competitive situation</li></ul>	<b><u>Trampolining</u></b> <ul style="list-style-type: none"><li>Health and safety, straight bouncing and stopping</li><li>5 basic shapes; focus on control and extension</li><li>Swivel hips</li><li>Seat to front</li><li>Know the correct technique (3 stages) for front and back landings</li><li>Routines – 8 bounce routine</li></ul> <b><u>Basketball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Footwork and pivoting under pressure</li><li>Passing under pressure in competitive situations</li><li>Dribbling- taking on a defender</li><li>Set shot accuracy</li><li>Taking on a defender- layup</li><li>Defending effectively (techniques and strategies)</li></ul> <b><u>Cross-Country/ Orienteering (2 weeks)</u></b>  <b>Cross Country</b>	<b><u>Trampolining</u></b> <ul style="list-style-type: none"><li>Health and safety, straight bouncing and stopping</li><li>5 basic shapes; focus on control and extension</li><li>Swivel hips</li><li>Seat to front</li><li>Know the correct technique (3 stages) for front and back landings</li><li>Routines – 8 bounce routine</li></ul> <b><u>Basketball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Footwork and pivoting under pressure</li><li>Passing under pressure in competitive situations</li><li>Dribbling- taking on a defender</li><li>Set shot accuracy</li><li>Taking on a defender- layup</li><li>Defending effectively (techniques and strategies)</li></ul>	<b><u>Rugby League</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (Tag Rugby)</li><li>Evasive skills (side step, dummy pass) to evade defenders in competitive situations</li><li>Passing down the line, miss pass</li><li>Attacking phases</li><li>Contact Familiarisation</li><li>Defending effectively by tackling individually from the side in a game</li></ul>	<b><u>Athletics (Boys)</u></b> <p>Technique work to improve outcomes from year 7</p> <ul style="list-style-type: none"><li>Sprinting technique/ sprint starts</li><li>Relay changeovers</li><li>Middle Distances- pace adaptation</li><li>Long Jump</li><li>Triple Jump</li><li>Shot Put</li><li>Discus</li><li>Javelin</li></ul> <b><u>Athletics (Girls)</u></b> <p>Technique work to improve outcomes from year 7</p> <ul style="list-style-type: none"><li>Sprinting technique/ sprint starts</li><li>Relay changeovers</li><li>Middle Distances- pace adaptation</li><li>Long Jump</li><li>Triple Jump</li><li>Shot Put</li><li>Discus</li><li>Javelin</li></ul>	<b><u>Health for Life (HFL)</u></b> <ul style="list-style-type: none"><li>Leading a healthy active lifestyle</li><li>Social skills; cooperation/ teamwork</li><li>Mental wellbeing- mindfulness and breathing</li><li>Introduction to yoga; etiquette, breathing, basic asanas</li></ul> <b><u>Rounders/ Cricket</u></b> <ul style="list-style-type: none"><li>Game familiarisation</li><li>Fielding skills accuracy/ consistency- underarm, overarm</li><li>Ball retrieval; scoop and flick, chase and turn, long barrier</li><li>Bowling technique</li><li>Batting technique</li><li>Game application throughout</li></ul>

		<ul style="list-style-type: none"><li>• Pacing</li><li>• Resilience and positive mindset</li><li>• Cardiovascular endurance, resting/ working heart rate</li></ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"><li>• Course familiarisation (problem solving/ competition)</li><li>• Use of controls to solve literacy/ numeracy challenges (problem solving).</li></ul>				
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