

Year 8

Core PE



Overview

In Year 8 students will be taught the core skills and some advanced skills across a range of sports across the PE curriculum. Students will be taught how to perform the correct technique for a range of skills effectively. Students will be assessed on their performance, effort and engagement. Students will learn the core skills and some advanced skills that will further develop their stigma that was developed in Year 7.

Year 8



Half Term 1

Students will be taught the core and some advanced skills in Football and Basketball. Students will further develop their passing, shooting and dribbling skills. Students will be able to identify the differences between core and advance skills.



Half Term 2

Students will be taught the core skills and some advanced skills in Badminton and Pickleball. Students will be focusing on improving their performance of the core skills and start to look into the technique of the advanced skills. Students will be able to apply this knowledge and understanding and perform to a good level.



Half Term 3

Students will be taught the core skills and some advanced skills to perform in Dodgeball and Handball. In these sports, students will improve their physical and technical skills to perform effectively but will also improve their social skills to be able to work in a team. These sports will also teach the students a range of skills that can be used across the curriculum.

Half Term 4

Students will learn vital skills in Outdoor Adventurous Activities and Fitness. Students will test their fitness levels through appropriate testing and will work to improve these through different methods of training. During OAA, students will take part in team building and endurance activities outside of school, such as climbing and hiking.



Half Term 5

Students will be taught the skills required for striking and fielding sports. Students will be taught the core skills and advanced skills in these sports. Students will be given a lot of opportunity to apply these skills to games and performing effectively. Students will be taught these skills across a range of striking and fielding games, such as Cricket, Rounders and Softball.



Half Term 6

Students will be taught the core skills in a range of athletic events, such as sprinting, long distance events and field events. Students will be taught the basic skills so that they can develop their knowledge and perform in a school Sports Day.



Year 9