PE
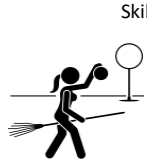## Curriculum Map: Year 8

AUTUMN TERM

GYMNASTICS- Duet work. Floor and apparatus

Skill development:
- Body control
- Partner balances
- Mirroring
- Jumping
- Rolling
- Sequence building

QUIDDITCH

Skill development:
- Hand eye co-ordination
- Catching skills
- Throwing skills
- Attacking and defending skills

DANCE-Bollywood

Skill development:
- Performance - Students will learn key set phrases with influences from Bollywood dance and Bharatanatyam
- Choreography – Students will create solo, duet and group phrases in the style

NETBALL

Skill development:
- Hand eye co-ordination
- Catching skills
- Throwing skills
- Attacking and defending skills

TAG RUGBY

Skill Development
- Throwing skills
- Catching skills
- Spatial awareness
- Agility
- Basic attacking and defending

SPRING TERM

FITNESS

Students will learn different training methods:
- Circuit training
- Strength and conditioning
- Boxercise
- Yoga/Pilates

SWIMMING

Skill development:
- Water confidence
- Stroke development
- Gliding
- Floating

FOOTBALL

Skill development:
- Dribbling
- Passing
- Control
- Basic attacking and defending

VOLLEYBALL

Skill development
- Volley/set shot
- Dig
- Serve
- Basic rules and tactics

SUMMER TERM

CRICKET

Skill development:
- Throwing
- Catching
- Batting
- Fielding
- Wicket keeping
- Bowling

ATHLETICS-Field

Skill development:
- Field events
- Throwing –Shot put, Javelin, Discus
- Jumping- Standing long jump, Standing triple jump

TENNIS

Skill development
- Forehand
- Backhand
- Volley
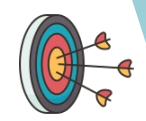- Basic Serve
- Basic rules and tactics

ROUNDERS

Skill development:
- Throwing
- Catching
- Bowling
- Batting
- fielding
- Basic tactics

ATHLETICS-Track

Skill development:
- Track events
- Running technique
- Sprint
- Middle distance
- Sprint starts
- Hurdles
- Relay

OUTDOOR EDUCATION

Students will have lessons in:
- Problem solving
- Orienteering
- Archery

In all activities, students will learn in:

Health and fitness
- Know how to stay safe
- Why the body changes during exercise
- Training methods

Problem solving and social skills
- Work independently

Analysis
- Comment and evaluate performance
- Compare performances