



Year 8 PE Curriculum Map

Overview	Students will refine and build on the fundamental skills learnt in Year 7 and develop a more advanced range of skills within team and individual sports. Throughout the year students will have the opportunity to take part in a range of competitive inter house activities that culminates with Sports Day, the extensive extra-curricular programme further supports students' learning. Students will continue to have theoretical elements of our exam courses integrated into their practical lessons.					
Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gymnastics	Rugby/Netball	Football	Dance	Basketball	Athletics
Knowledge	How to perform different shapes and rotations using flight.	Develop attacking and defending knowledge linking to set plays and after tackles.	Develop attacking and defending knowledge, using more complex skills and tactics to outwit opponents.	Dance actions, motif development, choreographic use of space. Analysis of a professional dance work: 'Nutcracker!' by Matthew Bourne.	Understanding the basic tactics, techniques and rules of basketball.	How to use advanced techniques when running jumping and throwing.
Skills	Perform and support different flight shapes, squat through, straddle technique, dive forward roll, front somersault.	How to deny the attacking team space in open play and from set plays. Link basic 1v1 skills to a team situation to sustain attacks.	Apply complex skills, attacking and defensive principles as part of a small sided game,	Understanding how to communicate themes and ideas through dance. Creating and performing dances in groups using motif development and group relationships..	How to pass, dribble, lay up, set shot, 1v1 attacking and defending principles/skills to outwit opponent.	Drive phase of sprinting, how to hurdle, how rhythm affects your running performance. Power support phase of throwing, how momentum impacts performance. Use of linear run up when jumping, different flight techniques and how to get over the lathe in high jump.