| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum  | Other Notes/Links to Prior Learning |
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| Netball | *Autumn/Spring* | * Footwork and pivoting
* Passing
* Catching
* Attacking skills
* Defending skills
* Shooting
* Basic game-play
* Basic rules/officiating
 | * Use a range of tactics and strategies to overcome opponents in direct competition through netball
 | * Y8 – More advanced skills and game-play
* Improving on previous techniques from Y7.
 | Some students will have covered netball in the primary education PE curriculum. Some students may play netball at a local netball club.Core task used to assess current ability/knowledge |
| Gymnastics | *Autumn/Spring* | * Developing the theme of travel – rolls, jumps, leaps, other gymnastic agilities
* Use of apparatus
* Sequence development
 | * Develop their technique and improve their performance in gymnastics
 | * Y8 – Skills related to the theme of balance (Sports Acrobatic gymnastics)
 | Some students will have covered gymnastics in the primary education PE curriculum. Some students may attend a local gymnastics club.Core task used to assess current ability/knowledge |
| Dance | *Autumn/Spring* | * Cultural dance (Bollywood – Indian dance)
* Development of key dance concepts, techniques and dynamics (e.g. rhythm, use of space, pathways, musicality, formations etc)
 | * Perform dances using advanced dance techniques within a range of dance styles and forms
 | * Y8 – Cheerleading dance
 | Some students will have covered dance in the primary education PE curriculum. Some students may attend a local dance school.Core task used to assess current ability/knowledge |
| Hockey | Autumn/Spring | * Types of passes – push and slap
* Dribbling open stick, changing direction
* Stopping the ball open stick
* Reverse stick to change direction
* Basic rules/officiating
* Block tackling
* Basic game-play (small sided games)
 | * Use a range of tactics and strategies to overcome opponents in direct competition hockey
 | * Y8 - More advanced skills and game-play
* Improving on previous techniques from Y7.
 | Very few students have played hockey at KS2Some students will have covered hockey in the primary education PE curriculum. Some students may play hockey at a local hockey club. |
| Fitness/Exercise activities | Autumn/Spring | * Circuit training
* Continuous training
* Exercise to music
* Running challenges
* Yoga/Pilates
 | * Are physically active for sustained periods of time
* Lead healthy, active lives
 | * Y8 – continued fitness related activities
 | Students are informed about the importance of leading an active and healthy lifestyle.Some students will have covered health and fitness activities in the primary education PE curriculum. |
| Athletics | Summer | * Sprinting
* Throws (discus, shot putt)
* Middle distance events (800m)
* Relays
* Jumps (high jump and long jump)
 | * Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best in athletics
 | * Y8 – improving on previous techniques and performances in the events
* Develop knowledge of basic rules of the events and basic officiating
 | Some students will have covered athletics in the primary education PE curriculum. Some students may train at a local athletics club.Some students may have competed in the primary sports hall athletics competitions. |
| Rounders/Quick Cricket | Summer | * Throwing (long and short distance)
* Batting
* Bowling
* Catching
* Long barrier
* Basic rules
* Basic game-play
 | * Use a range of tactics and strategies to overcome opponents in direct competition through rounders
 | * Y8 – More advanced skills and game-play
* Improving on previous techniques from Y7.
 | Some students will have covered rounders/quick cricket in the primary education PE curriculum. |
| Tennis | Summer | * Groundstrokes – forehand and backhand
* Rally development
* Serving
* Volleying
* Scoring
* Basic rules and officiating
* Modified games
 | * Use a range of tactics and strategies to overcome opponents in direct competition through tennis
 | * Y8 – More advanced skills and game-play
* Improving on previous techniques from Y7.
 | Very few students have played tennis at KS2Some students will have covered tennis in the primary education PE curriculum. Some students may play tennis at a local tennis club. |