| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum | Other Notes/Links to Prior Learning |
| --- | --- | --- | --- | --- | --- |
| 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 KS2  Some 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 KS2  Some students will have covered tennis in the primary education PE curriculum. Some students may play tennis at a local tennis club. |