| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum  | Other Notes |
| --- | --- | --- | --- | --- | --- |
| *NETBALL* | *Autumn/**Spring* | * *Passing*
* *Dodging*
* *Footwork*
* *Creating space*
* *Positions on court*
* *Defending*
 | * *Use a range of different passes developing strength and accuracy*
* *Identifying different opportunities to dodge away from another player to create space*
* *Developing the use of correct footwork in a game situation*
 | * *Applying these skills to a game situation and recognising when to use different passes and different movement patterns*
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| GYMNASTICS | *Autumn/**Spring* | * *Focus on balancing*
* *Individual, pairs, trio and group balances*
* *Balances incorporated into sequences*
 | * *Balances to show good control, body tension and duration*
* *Guided discovery enables students to develop own balances, using different shapes*
* *Counterbalance and supported-weight balances used*
* *Group balances to include different linking movements in and out of balances safely*
 | * *Links back to Yr7 gymnastics curriculum of travelling*
* *Sequences developed to include balancing, linked with travelling movements*
* *Jumps/Leaps in sequences can link to Yr9 curriculum of flight*
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| DANCE | *Autumn/**Spring* | * *Jive Dance*
* *Partner work*
* *Strong, dynamic movements*
* *Counting in time with the music*
* *Synchronisation with partner*
* *Dance moves on the beat of the music*
 | * *Partner formations used to structure a jive dance*
* *Using the cues in the music, steps in the routine should follow a dynamic pattern*
* *Develop musicality and knowledge of jive dance elements*
 | * *Links to GCSE dance specification*
* *Development of rhythm and timing will contribute to other aesthetic activities*
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| FITNESS | *Autumn/**Spring* | * *Components of fitness including;*
* *Speed, cardiovascular endurance, muscular endurance, agility and power*
* *Resilience and determination*
 | * *Focus on improving each student’s fitness levels in order to support and challenge them in further PE lessons*
* *Developing knowledge of the importance of regular exercise and knowing the ability of your own body*
* *Encourages determination and an innate effort to keep on going to achieve goals*
 | * *Improved fitness will contribute to increased energy and effort levels in other topic areas in PE such as hockey and netball*
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| HOCKEY | *Autumn/**Spring* | * *Passing*
* *Tackling*
* *Dribbling*
* *Shooting*
* *Small-sided games*
* *Spatial awareness*
 | * *Development of some skills learned in Yr7 (passing/dribbling/tackling) and the use of these in a competitive situation*
* *Introduction of more advanced skills such as shooting to apply to small-sided games*
* *Continued development of spatial awareness and pass/shot selection in a game scenario*
 | * *Previous links to skills learned in Yr7 and the progression of these*
* *Further links to Yr9 hockey curriculum, increased size of match play and awareness of positioning on the pitch*
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| ATHLETICS | *Summer* | * *Track and field events*
* *100m, 200m, 800m, Relay*
* *Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin*
* *Measuring distances*
 | * *Develop technique of different athletics events*
* *Challenge to improve on any scores/times gained in Yr7 Athletics lessons*
* *Gaining knowledge of correct technique of measuring jumps and throws*
* *Record and keep track of own distances and times to allow for improvement in further attempts*
 | * *Potential links to GCSE Athletics; times and measurements, technique and preparation/execution phase of events*
* *Links back to Yr7 Athletics where technique has been learned and now needs to be developed to improve their result*
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| ROUNDERS | *Summer* | * *Bowling*
* *Catching*
* *Throwing*
* *Batting*
* *Fielding – backstop/outfield*
* *Fielding on bases*
* *Scoring*
 | * *Development of knowledge of the game*
* *Development of throwing and catching skills which will contribute to a better team performance in a game scenario*
* *Continued development of batting technique and potential learning of advanced hitting*
* *Knowledge of where to field the ball during a game to potentially get a batter out*
* *Knowing when points should/should not be awarded during a game (knowledge of rules)*
 | * *Links to Yr9 curriculum and improving batting, bowling and fielding*
* *Development of tactics and awareness during a game to give your team an advantage and reduce the opposition’s chances of scoring*
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| TENNIS | *Summer* | * *Forehand shots (return, volley)*
* *Backhand shots (return, volley)*
* *Serving*
* *Scoring*
* *Doubles/singles*
 | * *Basic forehand and backhand shots learned in Yr7 now developed to improve accuracy and power*
* *Development of serving can be learned here but only used in isolation for vast number of students*
* *Knowledge and understanding of scoring developed and difference between doubles and singles game play*
 | * *Links from Yr7 tennis curriculum, development of simple skills to be used in a more competitive scenario*
* *Links to Yr9 with improved knowledge of scoring, tactics and match play for both doubles and singles*
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