| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum | Other Notes |
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| *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* |  |
| 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* |  |
| 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* |  |
| 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* |  |
| 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* |  |
| 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* |  |
| 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* |  |
| 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* |  |