



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Other Notes
NETBALL	Autumn/ Spring	<ul style="list-style-type: none"> • Passing • Dodging • Footwork • Creating space • Positions on court • Defending 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Applying these skills to a game situation and recognising when to use different passes and different movement patterns 	
GYMNASTICS	Autumn/ Spring	<ul style="list-style-type: none"> • Focus on balancing • Individual, pairs, trio and group balances • Balances incorporated into sequences 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Cheer dance • Group formations • Strong, dynamic movements • Counting in time with the music • Dance moves on the beat of the music 	<ul style="list-style-type: none"> • Group formations used to structure a cheer dance routine • Using the cues in the music, steps in the routine should follow a dynamic pattern • Develop musicality and knowledge of cheer dance elements 	<ul style="list-style-type: none"> • Links to Yr9 dance unit of Jive • Development of rhythm and timing will contribute to Yr9 dance lessons 	
FITNESS	Autumn/ Spring	<ul style="list-style-type: none"> • Components of fitness including; • Speed, cardiovascular endurance, muscular endurance, agility and power • Resilience and determination 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Improved fitness will contribute to increased energy and effort levels in other topic areas in PE such as hockey and netball 	



			<ul style="list-style-type: none"> Encourages determination and an innate effort to keep on going to achieve goals 		
HOCKEY	Autumn/ Spring	<ul style="list-style-type: none"> Passing Tackling Dribbling Shooting Small-sided games Spatial awareness 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Track and field events 100m, 200m, 800m, Relay Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin Measuring distances 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Bowling Catching Throwing Batting Fielding – backstop/outfield Fielding on bases Scoring 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	



			<ul style="list-style-type: none">• <i>Knowing when points should/should not be awarded during a game (knowledge of rules)</i>		
TENNIS	Summer	<ul style="list-style-type: none">• <i>Forehand shots (return, volley)</i>• <i>Backhand shots (return, volley)</i>• <i>Serving</i>• <i>Scoring</i>• <i>Doubles/singles</i>	<ul style="list-style-type: none">• <i>Basic forehand and backhand shots learned in Yr7 now developed to improve accuracy and power</i>• <i>Development of serving can be learned here but only used in isolation for vast number of students</i>• <i>Knowledge and understanding of scoring developed and difference between doubles and singles game play</i>	<ul style="list-style-type: none">• <i>Links from Yr7 tennis curriculum, development of simple skills to be used in a more competitive scenario</i>• <i>Links to Yr9 with improved knowledge of scoring, tactics and match play for both doubles and singles</i>	