



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Link to prior learning
TAG RUGBY	Autumn	• Passing along the line • Passing backwards • Attacking skills – moving forward with the ball • Scoring a try • Defending working as a team	• 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 using width •	• Further links to Yr9 football curriculum, increased size of match play and awareness of positioning on the pitch	Previous links to skills learned in Y7 and the progression of these in small-sided games, thinking of how to beat an opponent
FITNESS	Autumn	• 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	Links back to Y7 fitness and should now be able to show continued increase in fitness levels, more endurance, better technique of exercises
FOOTBALL	Autumn	• Passing • Tackling • Dribbling • Shooting • Goal-keeping • Small-sided games	• 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 and goal	• Further links to Yr9 football curriculum, increased size of match play and awareness of positioning on the pitch	and use different styles of passing and dribbling



		• Spatial awareness	• keeping to apply to small-sided games • Continued development of spatial awareness and pass/shot selection in a game scenario		
DANCE	Autumn	• Jive Dance • Partnerwork • Group formations • Strong, dynamic movements • Counting in time with the music • Dance moves on the beat of the music	• Working with a partner to structure a jive dance routine • 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 unit • Development of rhythm and timing will contribute to Yr9 gymnastics lessons	Links back to Y7 topic of Bollywood dance, students now in Y8 should be more comfortable creating routines in small groups and working to beats of music
GYMNASTICS	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	• Sequences developed to include balancing, linked with travelling movements • Jumps/Leaps in sequences can link to Yr9 curriculum of flight	Links back to Y7 gymnastics curriculum of travelling, and can also link back to learning from primary school of different ways of moving the body and creating shapes



NETBALL	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	Prior learning of catching and throwing in previous years, fundamentals learnt from ball games and exercises in KS2, basic skills in Y7 of footwork and dodging now allow students to think about doing this more in a game situation
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 Y7 athletics where technique has been learned and now needs to be developed to improve their result/time
ROUNDERS	Summer	• Bowling • Catching • Throwing • Batting • Fielding – backstop/outfield	• Development of knowledge of the game • Development of throwing and catching skills which will contribute to a better team performance in a game scenario	• 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	Fundamental rounders skills learnt in Y7, bowling technique should develop now in Y8 and a better understanding of rules of the game, which is



		• Fielding on bases • Scoring	• 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)	reduce the opposition's chances of scoring	something they find confusing in Y7
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 to Yr9 with improved knowledge of scoring, tactics and match play for both doubles and singles •	Links from Y7 tennis curriculum, development of simple skills to be used in a more competitive scenario