

YEAR 8		Description	Levels covered	Skills & content covered	Skills & content revisited
<b>PE</b>					
<b>AUTUMN 1</b>	Outwitting Opponents in Football	Students will learn about the skills, rules and tactics of football. Students will learn how to outwit opponents through attacking and defensive strategies. They will also develop their football skills, including; dribbling, passing, heading, shooting, set pieces and ball control.	3 to 7	Students will start planning and implementing their own football specific dynamic warm ups. They will show advanced technique with both feet in competitive situations. They will have knowledge of a range of attacking and defensive strategies which they are able to apply to games. And they will have a good knowledge of different styles of play and be able to implement them in a game.	Students will continue to develop many of the skills from year 7, such as, dribbling, passing, heading, shooting, and ball control. They will now learn more about outwitting their opponents through attacking and defensive strategies.
<b>AUTUMN 2</b>	Accurate Replication in Dance	Students will learn about various contemporary dances styles. They will also learn about different aspects of dance, such as: timing, formations, levels and choreography. They will also be evaluating their own and others performance.	3 to 7	Students will learn to count music & perform a short motif to the music. They will compose short phrases of movements and develop their observation and evaluation skills. They will learn how to choreograph their own movement and improve performance through practice over a number of weeks.	Students will develop their confidence from dance in year 7. They will also further develop their choreography and knowledge of dance.
<b>SPRING 1</b>	Outwitting Opponents in Basketball	Students will learn about the skills, rules and tactics of basketball. Students will learn how to outwit opponents through attacking and defensive strategies. They will also develop their basketball skills, including; passing, dribbling, lay-ups and shooting.	3 to 7	Students will be able to demonstrate the basic skills and techniques and perform them consistently. Will be able to use attacking and defending skills to their advantage in a small-sided and full court games. And they will be able to explain and apply the rules in basketball.	Students will build upon the skills developed in year 7 basketball. They will also consolidate their understanding of the rules of basketball. And they will look into the tactics of basketball in more depth.
<b>SPRING 2</b>	Performing at Maximum Levels in Athletics	Unit of work covering various athletics events, such as: javelin, shot put, long jump, triple jump, high jump, sprinting, relay, hurdles, middle and long distance running.	3 to 7	Students will learn and develop various athletics skills. They will be able to perform basic athletics skills and techniques, they will understand health and safety aspects of athletics and they will be able to explain their own and others strengths and weaknesses in different skills.	Students will build upon and develop their prior knowledge of these skills / events that they did in year 7. They will also evaluate their performance in greater detail.
<b>SUMMER 1</b>	Accurate Replication in Gymnastics	Unit of work in gymnastics, involving: floor skills (rolls, cartwheels, etc.), skills using apparatus, weight-bearing balances, counter-tension balances, and vaulting skills.	3 to 7	Students will perform simple skills, actions and balances. In pairs or in groups and using the floor apparatus. They should demonstrate control of body in performance. They will be planning, performing and evaluating their own and others performance, using terminology. They will learn to identify the components of fitness required for gymnastics. Working in pairs and small groups to create balances and link sequences together.	Re-cap the basic skills from year 7. Start to learn more advanced skills and balances. Focus on making the skills more aesthetically pleasing, using body tension, control, balance, etc.

<p><b>SUMMER 2</b></p>	<p>Outwitting Opponents in Striking and Fielding Games (Cricket)</p>	<p>Unit of work in cricket, where the students will learn how to outwit opponents through performing batting, bowling and fielding skills.</p>	<p>3 to 7</p>	<p>Students will learn to select and accurately replicate a very good range of skills to outwit an opponent. They will try to place the ball when batting through anticipation and adjustment of position. They will analyse and make suggestions, which will improve individual play and evaluate performance of self and others using correct terminology. As well as conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</p>	<p>Students will build upon the skills developed in year 7 cricket They will also consolidate their understanding of the rules. And they will look into the tactics of cricket in more depth.</p>
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