

AUTUMN 1

GIRLS Netball – Passing, catching, footwork, rules, gameplay. Positional and spatial awareness.	GIRLS Trampolining – safety, basic shapes, jumps, landings, short routine. Linking twists into movements and front landings.	BOYS Football – shooting, dribbling, different passing techniques. Understanding of positions, roles and rules. Developing strategies.	BOYS Badminton – use a range of shots and grips, outwitting an opponent, rules and positional play.	Prior Learning Learning studied in Year 7 Autumn 1
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AUTUMN 2

GIRLS Hockey – dribbling, passing, tackling, shooting, outwitting an opponent, applying rules in games.	GIRLS Dance – Using ‘chance as a choreographic tool’	BOYS Rugby – Perform range of passes, tackling, beating an opponent, application of rules, defending and attacking.	BOYS Gymnastics – Balance. Ways into and out of bases and support.	Prior Learning Learning studied in Year 7 Autumn 2
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SPRING 1

GIRLS Fitness – Cross country, aerobics, circuit training. Understanding of heart rate and training zones.	BOYS Fitness – Cross country, aerobics, circuit training. Understanding of heart rate and training zones.	Prior Learning Learning studied in Year 7 Spring 1
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SPRING 2

GIRLS Football - shooting, dribbling passing. Understanding of positions, roles and rules.	GIRLS Trampolining – safety, basic shapes, jumps, landings, short routine. Linking twists into movements and front landings.	BOYS Hockey/ Handball Passing shooting, outwitting an opponent, understanding of rules and positional play in games.	BOYS Basketball - Passing, Receiving, outwitting defenders, shooting, dribbling. Strategies for defence and attack.	Prior Learning Learning studied in Year 7 Spring 2
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SUMMER 1

GIRLS Rugby – Perform range of passes, Tackling, beating an opponent, application of rules, defending and attacking.	GIRLS Badminton - Use a range of shots and grips, outwitting an opponent, rules and positional play.	BOYS Netball – Passing, catching, footwork, rules, gameplay. Positional and spatial awareness.	BOYS Trampolining – safety, basic shapes, jumps, landings, short routine. Linking twists into movements and front landings.	Prior Learning Learning studied in Year 7 Summer 1
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SUMMER 2

GIRLS Rounders/ Cricket - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game. Tactics in game play.	GIRLS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	BOYS Rounders/ Cricket - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game. Tactics in game play.	BOYS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	Prior Learning Learning studied in Year 7 Summer 2
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CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues).
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues).

KEY ASSESSMENT DATES

Students are assessed in each activity at the end of each block.