Year 8 Overview 2025-26 – PE											
Date	Wk	Week	Units	Studied & L	earning Outo	comes	Key Concepts & Assessment				
					8 weeks (1	L6 Lessons)	(38Days)				
		4 side	Boys 1	Boys 2	Girls 1	Girls 2	•				
			Boys 1	Girls 1	Mixed		•				
Tues 2-Sep Tues Y7 only Wednesday- whole school	А	1	Skills Dev	Skills Dev	Skills Dev	Skills Dev	Unit Learning Outcomes Netball GW- To recap and refine passing, shooting, footwork and defending				
8-Sep	В	2	Rugby	TT	Netball	Fitness Training methods	BI-To demonstrate skills (listed below) in skills and small sided games				
15-Sep (INSET		3	Rugby	TT	Netball	Fitness Training methods	EW- To apply skills to full sided game 1. Recap on the different types of pass and learn a fake				
Friday) 22-Sep	В	4	Rugby ASSESSMEN T WEEK	TT ASSESSMEN T WEEK	Netball ASSESSMEN T WEEK	Fitness Training methods ASSESSMEN T WEEK	pass. 2. How to shoot with defender/how to defend a shot. 3. Recap on positions for 5/7 a side games. 4. How to turn in the air to pass quicker. 5. How to apply banding/timing to passing down court				
29-Sep		5	XC cont.	XC cont.	XC cont.	XC cont.	6. How to deny space when defending				
6-Oct	В	6	Fitness Training methods	training Rugby	training TT	training Netball	Prior (Y7) Current (Y8) Next (Y9) Knowledge on how to shoot, getting free, pass, defend in to shoot, getting when shooting,				
13-Oct	A	7	Fitness Training methods	Rugby	TT	Netball	skills and small sided free, pass, defend getting free, passing, defending. games.				
20-Oct	В	8	Fitness Training methods ASSESSMEN T WEEK	ASSESSMEN T WEEK	ASSESSMEN T WEEK	ASSESSMEN T WEEK	Unit Learning Outcome: Table Tennis GW- To recap and refine forehand and backhand shots, serves and defensive plays. BI-To demonstrate skills (listed below) in skills and small sided games EW- To apply skills to full sided game 1. To develop the ready position and split step. 2. To play an effective forehand topspin shot. 3. To play an effective backhand topspin shot. 4. To play an effective backhand push shot. 5. To execute the forehand and backhand shots under pressure. 6. To be able to perform a range of serves.				
							Prior (Y7) Effective footwork to play, technique development, rules of the game (singles). Parent and Carers month/Black History month World afro day International day of sign languages world mental health day World cerebal palsy day Advanced techniques including; Footwork under pressure. Creating spin. Rules of the game (fective skill application. (Doubles) Parent and Carers month/Black History month World afro day International day of sign languages World cerebal palsy day				

							foundational con	z/Tests/application to cepts, wider disciplination	nary knowledge,	
								ase Highlight the we will be given (once p		
Half-Term				7	weeks (14 l	essons) (35	Days)			
3-Nov	Α	9 ST1	Netball Netball	Fitness Training methods Fitness	Rugby Rugby	π	GW- To recap and refine plays		ing and attacking	
17-Nov	В	(core only)	Netball	Training methods Fitness	Rugby	TT	BI-To demonstrate skills games EW- To apply skills to fu	,	and small sided	
	Α	ST1 (core only)	ASSESSMEN T WEEK	Training methods ASSESSMEN T WEEK	ASSESSMEN T WEEK	ASSESSMEN T WEEK	To recap passing and contact. To develop the ability to ruck and maul. To be able to appreciate space and fix opposition players To be able to set up a safe and effective 3 person			
24-Nov	В	12	TT	Netball	Fitness Training methods	Rugby		rum. set up an unopposed 2 f skills in competitive si	'	
1-Dec	Α		TT	Netball	Fitness Training	Rugby	Prior (Y7)	Current (Y8)	Next (Y9)	
8-Dec	В	13	ASSESSMEN T WEEK	Netball ASSESSMEN T WEEK	methods Fitness Training methods ASSESSMEN TWEEK	Rugby ASSESSMEN T WEEK	Core skills development including passing, tackling, rucking and evasion. Mini games for understanding.	Advanced skills developed. For example spin pass. Small sided games for understanding.	Utilising strategies and tactics via effective skill application. For example using a maul to draw in the	
15-Dec			Skills assessm ent	Skills assessm ent	Skills assessm ent	Skills assessm ent			defence to leave space on the outside. Medium sized games for understanding.	
							Unit Learning Outcome: GW-to be able to identify explain, who and how, the able to adapt the 3 session BI-to be able to identify a explain, who and how, the able to adapt the 5 session EWto be able to identify and explain, who would be to adapt all the sessions	y and explain 3 of the to be use them to aid the consusing FITT. and explain 5 of the trace use them to aid the consusing FITT. by and explain all of the use them to aid their p	eir performance. Be ining methods and eir performance. Be training methods	
	A						 Circuit trainin Plyometric trainin Continuous trainin Fartlek trainin Interval trainin Static training 	- - - - - - - - - - - - - - - - - - -		
	Α.	15					Prior (Y7)	Current (Y8)	Next (Y9)	

			To identify and explain how to carry out the different fitness tests. Know the definitions of the components of fitness.	To identify and explain the different methods of training for each component of fitness.	To apply knowledge to a training programme
			Mens health awareness in Diwali Remembrance Sunday Transgender awareness in World Diabetes Day World AIDS day Christmas Day Assessment (Quiz/Tes foundational concepts content.) Please Highlifeedback will be given	week its/application tasks/ is, wider disciplinary kinght the week number	' ST: Including knowledge, key er where formal

- All students will be given the same opportunity to partake in all sports through a mixed gender and ability curriculum.
- Promotion of sporting stars that are having a positive effect in Sport at present e.g Raheem Stirling (anti racism campaigns). Nicola Adams (OBE) within boxing, Gareth Thomas (Wales Rugby Union, British lions Rugby Union) and Elinor Snowsill (Wales Rugby Union) who are all strong advocates of LGBT+ community in sport.
- Promotion of sporting stars that are having a positive effect in promoting LGBT+ in Table tennis at present e.g Kelly Sibley (born 21 May 1988) is a former professional table tennis player and current coach from England. Sibley won the singles, girls doubles and mixed doubles at the UK Junior Championships and has represented England at senior level at the Commonwealth Games, European Championships and World Championships. Sibley married her wife Laura in April 2017.
- <u>Miley Cyrus</u> may be in a happy relationship with Hollywood star Liam Hemsworth, but the Malibu singer is a proud and outspoken member of the LGBQT+ community.
- All students will be given the same opportunity to partake in all sports. Students will be encouraged to work at their own fitness level and intensity and learn how this is essential in order that you can train effectively and safely.

Careers links

- All sports can be linked to careers as performers, officials or volunteers.
- The PE corridor has a board linking PE to specific carers in sport and students are signposted here.
- Careers day in school and careers evening.

<u>Assessment</u> (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.)

Students will be assessed on an ongoing basis throughout the 6 lessons. Assessment will focus on both skill development and application of skills within match situations. Students will also complete a self-assessment that will include knowledge assessment and identification of strengths (www) and areas for development (ebi). This will then be reviewed the following years by students to check on progress.

Christmas Holid	day			6	weeks (12	lessons) (3	(30 Days)				
			Football	Dance	Trampoli	Handball	Unit Learning Outcome: Handball				
5-Jan	В				ning						
		16					GW- To recap and refine passing, scoring, defending and attacking				
			Football	Dance	Trampoli	Handball	plays				
	Α				ning						
12-Jan		17					BI-To demonstrate skills (listed below) in skills and small sided				
			Football	Dance	Trampoli	Handball	games				
					ning						
	В		<mark>ASSESSMEN</mark>	ASSESSMEN	ASSESSMEN	ASSESSMEN	EW- To apply skills to full sided game				
19-Jan		18	T WEEK	T WEEK	T WEEK	T WEEK					

			Dance	Trampoli	Handball	Football	Passing unde	er nressure	
	Α		Durice	ning	Hanaban	Tootball	2. Block tackle	p. 6654. 6	
26-Jan		19					 Zonal defend 	e	
251			Dance	Trampoli	Handball	Football	4. Jump shot		
2-Feb	В	20		ning			Outnumbered defence Application of skills in competitive situations		
		20	Dance	Trampoli	Handball	Football	6. Application o	or skills in competitive :	situations
			Dance	ning	папирап	ASSESSMEN			
			<mark>ASSESSMEN</mark>	ASSESSMEN	ASSESSMEN	T WEEK	Prior (Y7)	Current (Y8)	Next (Y9)
			T WEEK	T WEEK	T WEEK		Core skills	Advanced skills	Utilising strategies
							development	developed for	and tactics
							focusing on ball control, passing,	example lofted pass. Small sided	(formations) via effective skill
							dribbling, and	games for	application. Medium
							tackling.	understanding.	sized games for
							Unit Learning Outcome	s Dance	understanding.
							Ome Learning Gattome	3 Daniec	
							GW- Understand the so		this can be
							transformed into a Dano	ce narrative	
							BI- Be able to using vary	ving dynamics in a phra	ase
							EW- Be able to adapt m	ovement to show char	acterisation.
							Prior (Y7)	Current (Y8)	Next (Y9)
							Understand how	Create movement	Learn a set phrase
							movement can be	phrases that include	
							created form a motif	dynamics based on a social situation	
								and character.	Capoeira steps.
							LGBT+ History month		
							Holocaust memorial day	/	
							World Hijab Day Children's mental health	n week.	
							Safer internet day		
							Chinese New Year	. / 11	/ o= · · · · · ·
							Assessment (Quiz/Te foundational concept		
	Α						content.) Please High		
9-Feb		21					feedback will be give		
Half-Term					6 weeks (1	.2 lessons) (
23-Feb			Trampoli	Handball	Football	Dance	Unit Learning Outcome	s Football	
	В	22	ning				GW- To recap and refine	e passing, shooting, dr	ibbling and defending
2-Mar			Trampoli	Handball	Football	Dance		- ,- ===g, ooumg, ur	gg
2 14101			ning				BI-To demonstrate skills	(listed below) in skills	and small sided
	Α	23					games		
9-Mar			Trampoli	Handball	Football	Dance ASSESSMEN	EW- To apply skills to fu	ll sided game	
			ning <mark>ASSESSMEN</mark>	ASSESSMEN	ASSESSMEN	T WEEK		2	
	_	2.1	T WEEK	T WEEK	T WEEK		1. Develop pass	•	
16.54	В	24	Uandh-II	Footh-!!	Dance	Trame -!:	<u>.</u>	rns and outwitting a d	efender
16-Mar			Handball	Football	Dance	Trampoli ning	 Tackling an c Develop atta 		
	Α	25				6	5. Develop sho		
23-Mar			Handball	Football	Dance	Trampoli	1	games applying skills a	nd knowledge
	_					ning			
	В	ST2							
30-Mar	٨	ST2	Handball	Football	Dance	Trampoli ning	Prior (Y7)	Current (Y8)	Next (Y9)
(finish	Α	SIZ	I .	l .	j	ııııg	l		

							1		
Wednesday 1 st April)			ASSESSMEN T WEEK	ASSESSMEN T WEEK	ASSESSMEN T WEEK	ASSESSMEN T WEEK	Development of core skills including passing, dribbling, shooting, tackling. Small-sided games for understanding.	Advanced skills development including control and turn, outwitting an opponent, and developing an attack. Small-sided games for understanding.	Application of strategies and tactics including defensive tactics, set plays, and switching the attack. Smallsided games for understanding.
							Onit Learning Outcome	3 Trampoliting	
							GW-to know how to pe	rform basic shapes, fron	t and back landing
							BI- to know how to link	basic shapes, front and	back landing
							EW- to know how to cre landing	eate a sequence using sh	napes, front and back
							 Basic shapes Seat drop Front drops Back landing Front/back c Sequences 	ū	
							Prior (Y7)	Current (Y8)	Next (Y9)
							Perform basic shapes, balances, rolls and landings safely	Perform basic shapes, turns and lands safely on a trampoline	Link shapes, turns and landing safely on a trampoline
							Women's history month Ramadhan begins World Down Syndrome Transgender day of visil Assessment (Quiz/Te foundational concept content.) Please High feedback will be give	day bility ests/application tasks, ts, wider disciplinary l light the week numb	knowledge, key er where formal
<u>Foundational</u>	Concept	<u>s</u>							

- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities
- Creating body awareness and knowledge of how the body can be used to enable effective technique. The start of the process of students self-analysing their performance and also that of others within their class to establish effective understanding.
- Students are aware of the importance of using multiple body parts to execute shots and the importance of using effective foot patterns to be in the correct position to execute shots effectively. Students will learn how varying the position of the bat affects the direction and result of contact on the ball.
- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities
- Students will need to be in control of their body. Learning how to move smoothly, using the music to help them express their ideas within the project.
- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities
- Students will need to be in control of their body. Learning how to move smoothly, using a variety of stimuli to help them express their ideas within the unit. This will build on the work carried out whilst at primary School.
- Throwing and catching skills developed through the K1/2 SSCO program will be built upon. Also students will have experienced some elements of striking within Primary school and these skills will be developed.
- Technique development, mental and physical wellbeing, health and safety, reflective analysis, leadership.

Tier 2/3 Vocabulary

- Spatial awareness, exploit, target, and follow through, defence, attack, balance, coordination, space.
- Trajectory, flat, open, closed, follow through, coordination, body stance, ready position, footwork.
- Posture, control, timing, rhythm, cannon, unison.
- Balance, transition, control, fluidity, movement, extension.
- Follow through, long barrier, contact, etiquette, release
- Competitive, trajectory, acceleration, technique, changeover, pacing, timing, reaction time, coordination, speed, muscular endurance, cardiovascular endurance.
- Pulse raiser, dynamic stretching, skill related practice, mental preparation, Agility, Balance, Coordination, Reaction time, Speed, Power, Muscular endurance, Cardiovascular endurance, Flexibility, Specific, measurable, agreed, realistic, time bound.

How will it link to history, culture, authentic artefacts, music, art, literature?

- Football (or soccer as the game is called in some parts of the world) has a long history. Football in its current form arose in England in the middle of the 19th century. But alternative versions of the game existed much earlier and are a part of the football history.
- Rugby <u>The Reverend</u> William Webb Ellis (24 November 1806 24 January 1872) was an English <u>Anglican</u> clergyman and the supposed inventor of <u>rugby football</u> while a pupil at <u>Rugby School</u>. According to legend, Webb Ellis picked up the ball and ran with it during a school football match in 1823, thus creating the "rugby" style of play.
- Table Tennis The game was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name.
 The name table tennis was adopted in 1921–22 when the old Ping-Pong Association formed in 1902 was revived. The origins of the game can be traced to a 12th–13th-century French handball game called jeu de paume ("game of the palm"), from which was derived a complex indoor racket-and-ball game: real tennis.
- Dance is a series of support skills and fitness options that enhance every other activity a person will do. For example, spatial awareness and movement development are necessary in every sport an "elite athlete" will participate in. First archaeological proof of dance comes from the 9 thousand year old cave paintings in India. One of the earliest uses of structured dance was introduced in religious ceremonies that told the stories of ancient myths and gods. Egyptian priests used this kind of visual storytelling in their rituals.
- **Gymnastics** is thought to have began in ancient Greece about 2500 years ago where it was used in training to keep fit for sporting activities. In the Greek city of Athens, **gymnastic** tournaments were held, including tumbling, rope climbing, and other similar activities. The gymnasium was the hub of cultural activity.
- The sport of <u>cricket</u> has a known history beginning in the late 16th century. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries. International matches have been played since 1844 and <u>Test cricket</u> began, retrospectively recognised, in 1877. Cricket is the world's second most popular spectator sport after <u>association football</u> (soccer). Governance is by the <u>International Cricket Council</u> (ICC) which has over one hundred countries and territories in membership although only twelve currently play Test cricket
- Athletics contests in running, walking, jumping and throwing are among the oldest of all sports and their roots are prehistoric. Athletics
 events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the Heb Sed festival and high jumping
 appearing in tombs from as early as of 2250 BC.
- Gymnasium derives from the Ancient Greek world gymos, which means naked and that's previously how athletes would train and compete in these open-air venues. This was not only for aesthetic reasons, to show off the athletic male form, but it's also thought to have been a tribute to the gods. Note that only men were permitted to train, a stance that would be upheld by many civilisations to come. Gymnasiums were not simply used as places to train. People would also come for communal bathing, socialising and to engage in intellectual and philosophical pursuits. Plato and his student Aristotle were just two philosophical greats would frequent these places. The rationale behind combining these pursuits is that it produced a sound body and mind. The Greeks used the word arete to describe this, which is often translated as 'virtue' or 'excellence'. Essentially, it's the process of becoming the best you can be and fulfilling your potential. For Greek men, the two pillars of physical exercise and education were critical to this. While structured exercise and physical training continued to develop, particularly in the field of gymnastics, the advancement of the gym (or gymnasium) as a dedicated place to exercise did not. The downfall of the Greek and then Roman empires saw an appreciation for art, music, philosophy and the finely-tuned physical form subverted. Christianity's ascension in the West and Isalm, Hinduism and Buddhism's prevalence in the East, turned the physical form into not something to be admired but rejected. Aesthetics was aggressively replaced by asceticism. By the Middle Ages, exercise was simply a by-product of manual labour or military service, not something one pursued to achieve a greater purpose.

Easter Holiday	oliday 5 weeks (10 lessons) (24 Days)							
20-Apr			Athletics	Tennis	Athletics	Athletics	Unit Learning Outcome: Athletics	
							GW- Learn more detailed technique and perform each event safely	
	В	28						

27-Apr			Athletics	Tennis	Athletics	Athletics	BI- Performs technique to	a good standard and	knows a little about	
	_	20					measuring			
4-May	Α	29	Athletics	Tennis	Athletics	Athletics	EW – Performs technique	to a high standard, an	d understands how	
(Bank holiday		30		ASSESSMEN T WEEK			to measure			
Mon)	В	30		IVVEEK						
11-May			Athletics	Athletics	Athletics	Tennis				
							1. 100m			
10 May	Α	31	Athletics	Athletics	Athletics	Tennis	2. 200m 3. 800m			
18-May			Atmetics	Atmetics	Atmetics	Tellilis	4. 1500m			
						ASSESSMEN T WEEK	5. LJ			
							 HJ technique HJ competition 	า		
							8. Discus			
							9. Javelin			
							10. Shot 11. Hurdles			
							12. Relay			
							Prior (Y7)	Current (Y8)	Next (Y9)	
							Knowledge and	Develop technique	More technical	
							understanding of the basic concepts for	on each event and improve PB's	technique sprint starts etc.	
							each event and	improve PBS	Improve PB	
							perform each one.			
							Good Friday Easter Sunday Autism and stress awareness month. World Malaria Day Lesbian visibility day UK national walking month.			
							Deaf awareness week Assessment (Quiz/Tes	ts/annlication tasks/	ST: Including	
							foundational concepts			
	В	22					content.) Please Highli			
Half-Term	р Б	32			7 weeks (14 lessons)	feedback will be given (35 Days)	(once per nair term)		
1-Jun			Athletics	Athletics	Athletics	Tennis	Unit Learning Outcome:	Tennis		
							CW To see and office	6	d de la companya	
			ASSESSMEN T WEEK				GW- To recap and refine defensive play in Tennis.	forenand and backnan	d snots, serves and	
							, ,			
	Α	33					BI-To demonstrate skills (listed below) in skills a	nd small sided	
9-Jun		- 33	Tennis	Athletics	Striking	Athletics	games			
3 3 3 11					&		EW- To apply skills to full	sided game in Tennis		
46.1	В	34	Tonn:	A+blo+:	Fielding	A+bla+ias	-			
16-Jun			Tennis	Athletics	Striking &	Athletics				
			ASSESSMEN T WEEK	ASSESSMEN	Fielding	ASSESSMEN		od racket and ball skills		
			IVVLER	T WEEK		T WEEK		ective forehand stroke.		
								outwit opponents effective backhand stroke		
	Α	35	Ct	Ch	Churth:	Ct	5. To be able to u	use the serve in the gar	me of tennis.	
23-Jun			Striking &	Striking &	Striking &	Striking &	6. Half-court sing	gles games applying ski	lls and knowledge.	
			Fielding	Fielding	Fielding	Fielding				
	_ n	36	Sports	Sports	Sports	Sports	Prior (Y7)	Current (Y8)	Next (Y9)	
	В		day prep	day prep	day prep	day prep	11101 (17)	Carrette (10)		

30-Jun	А	37	Striking & Fielding Sports day prep Striking	Striking & Fielding Sports day prep Striking	Striking & Fielding Sports day prep Tennis	Striking & Fielding Sports day prep Striking	Basic strokes including forehand, backhand, and basic serves. Half court singles for skill application.	Developing basic skills. Introducing advanced skills including backhand slice and volley.	Advanced skills including smash, lob and drop shot. Application of strategies and tactics. Doubles play.
	В	38	& Fielding	& Fielding		& Fielding	LGBTQ+ pride month. Gypsy, Roma and Travell	er history month.	
14-Jul	А	39	Striking & Fielding ASSESSMEN T WEEK	Striking & Fielding ASSESSMEN T WEEK	Tennis ASSESSMEN T WEEK	Striking & Fielding ASSESSMEN T WEEK	Gypsy, Roma and Traveller history month. world day against child labour autistic pride day World refugee day Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)		
					(Total	: 190 Days)			

Prompt Questions

Now that the revised curriculum has been taught, please consider the Implementation and Impact of the curriculum you taught.

What changes might need to be made to the Curriculum Intent (See Curriculum Map and Overviews) in light of this year's experiences?

Please revisit the prompts from last year:

- What are the Key concepts for this unit?
- How will it link to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art, literature?
- How does it build on prior knowledge and link to other units, concepts, years, GCSE?
- What is it intended students will have learned?
- o For each Unit? By the end of the Year?
 - o GW:; BI:; EW
- Is it worth summarising in a knowledge organiser?
- Assessment: how do you know they have learned the foundational concepts, curriculum and wider disciplinary knowledge? Does assessment look like GCSE light? Should it?
- Skills used/learned
- Tier 2/3 vocabulary ((Etymology e.g. of Greek/Latin)
- How will you assess students understanding?
- How will written feedback be given?
- How can lessons be adapted?