



Year 8 PE - Curriculum Map

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| Autumn 1 | <p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> • Fitness Testing • Sport Education Model • Developing required fitness • Develop basic skills for invasion games <p>Develop communication and emotional intelligence by performing as part of a team. Theme: Empathy</p> | <p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> • Fitness Testing • Sport Education Model • Developing required fitness • Develop basic skills for invasion games <p>Develop communication and emotional intelligence by performing as part of a team. • Theme: Empathy</p> | <p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> • Fitness Testing • Sport Education Model • Developing required fitness • Develop basic skills for invasion games <p>Develop communication and emotional intelligence by performing as part of a team. • Theme: Empathy</p> |
| Autumn 2 | <p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> • Circuit training activities • Safety in circuit training • Planning personalised training programme • Developing fitness in circuit training <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p> | <p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> • Circuit training activities • Safety in circuit training • Planning personalised training programme • Developing fitness in circuit training <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p> | <p><u>Health Related Fitness</u></p> <ul style="list-style-type: none"> • Fundamental Movement Programme • Complete targeted fundamental movement programme • Developing required skills/fitness for fundamental movement programme. <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p> |

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| Spring 1 | <p>Trampolining</p> <ul style="list-style-type: none"> • Fitness Testing • Safety in trampolining • Basic shapes • Develop personalised trampolining routine. <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p> | <p>Trampolining</p> <ul style="list-style-type: none"> • Fitness Testing • Safety in trampolining • Basic shapes • Develop personalised trampolining routine. <p>Develop creativity and organisation through compositional ideas. • Theme: Excellence</p> | <p>Trampolining</p> <ul style="list-style-type: none"> • Fitness Testing • Safety in trampolining • Basic shapes • Develop personalised trampolining routine. <p>Develop creativity and organisation through compositional ideas. • Theme: Excellence</p> |
| Spring 2 | <p><u>Net/Wall Games</u></p> <ul style="list-style-type: none"> • Safety in net/wall games • Basic principles in net/wall games • Competition <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p> | <p><u>Net/Wall Games</u></p> <ul style="list-style-type: none"> • Safety in net/wall games • Basic principles in net/wall games • Competition <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p> | <p><u>Paralympic Activities</u></p> <ul style="list-style-type: none"> • Wheelchair Sports • Amputee Sports • VI & HI Sports <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p> |
| Summer 1 | <p>Problem Solving (Commando Joe)</p> <ul style="list-style-type: none"> • Develop basic skills in problem solving • Develop mental capacity for commando Joe activities • Commando Joe stage activities Y1-6 <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p> | <p>Problem Solving (Commando Joe)</p> <ul style="list-style-type: none"> • Develop basic skills in problem solving • Develop mental capacity for commando Joe activities • Commando Joe stage activities Y1-6 <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p> | <p>Problem Solving (Commando Joe)</p> <ul style="list-style-type: none"> • Develop basic skills in problem solving • Develop mental capacity for commando Joe activities • Commando Joe stage activities Y1-6 <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p> |

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| Summer 2 | <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p> | <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p> | <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p> |
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