

23/24 KS3/Y8 PE Curriculum Overview

Year	Autumn 1 (Sept-Oct)		Autumn 2 (Nov-Dec)		Spring 1 (Jan-Feb)		Spring 2 (Mar-Apr)		Summer 1 (May-Jun)	
Year 8 AL, ZD	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Active Play: Net and wall Tennis / Four Square / Badminton / Volleyball	Creative/ Rhythmic and expressive movement: Gymnastics / Dance	Active Play: Striking and Fielding Rounders/ Softball / Cricket / Kickball	Active Living / Health Related Fitness	Athletics / XC House activities	Outdoor Adventurous Activities (OAA) Teamwork, Cooperation, Decision-making	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Swimming / Core Aquatic Skills

Year 8 PE Curriculum: In Year 8 the PE curriculum is designed with the following intentions:

- **Skill Synthesis and Strategic Play:** Throughout Year 8, students will enhance their ability to effectively integrate and apply skills and rules within competitive scenarios. This includes utilising strategies to create space and outmanoeuvre opponents. They will also begin to grasp the concept of transferring skills between different activities, fostering versatility.
- **Advancement in Gymnastics and Dance:** Building upon their foundation, pupils will deepen their understanding of gymnastics and dance techniques. This progression will contribute to heightened performance levels as they refine their execution of movements.
- **Athletics and Outdoor Adventures:** Students will actively engage in athletics activities and outdoor and adventurous pursuits. This engagement serves to nurture self-confidence and teamwork skills as they overcome challenges in diverse environments.
- **Performance Analysis and Progress:** Pupils will develop the ability to critically analyse their performances. By comparing their current performance to previous ones, they will effectively demonstrate their own advancement and identify areas for further growth.
- **Muscular Knowledge and Training Types:** As part of their curriculum, students will expand their understanding of muscles and various types of training. This knowledge equips them with insights into effective physical conditioning strategies.
- **Health Awareness and Extracurricular Engagement:** Building on their understanding of health benefits, students will be encouraged to actively participate in physical activities and competitive sports beyond the school environment.

Through these objectives, the Year 8 PE curriculum aims to facilitate the holistic development of students by emphasizing strategic gameplay, technique refinement, exposure to diverse activities, self-assessment, physiological knowledge, and the pursuit of lifelong physical engagement.