

Curriculum Overview for Physical Education - Year 8

When?	What?	Why?	How?	Support
Autumn Half Term - 1	Swimming Football Netball Rugby Badminton Gymnastics Tennis Volleyball Basketball	<p>The key processes required and the skills to develop during Physical Education lessons in order to improve are:</p> <ul style="list-style-type: none"> • Developing skills in physical activity • Refine and adapt skills into techniques • Develop the range of skills used • Develop the precision, control and fluency of skills 	<p>The study of PE should include activities that cover at least four of the following:</p> <ul style="list-style-type: none"> • Outwitting Opponents, as in games activities • Accurate replication of actions, phrases and sequences, as in gymnastic activities • Exploring and communicating ideas, concepts and emotions, as in dance activities • Performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities • Identifying and solving problems to overcome challenges of an adventurous nature, as in Life Saving and Personal Survival in swimming and outdoor activities • Exercising safely and effectively to improve health and wellbeing, as in fitness and health activities. • Build upon experiences in Year 7 and show evidence of skill transfer between the activities. • Continued themes of Develop and Apply. • Build knowledge of fitness components. 	<p>GCSE PE Specification:</p> <p>http://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2009.html</p>
Autumn Half Term - 2	Swimming Football Short Tennis Netball Dance Volleyball Rugby Badminton Hockey Gymnastics	<p>Making and Applying Decisions</p> <ul style="list-style-type: none"> • Select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts • Refine and adapt ideas and plans in response to changing circumstances • Plan and implement what needs practising to be more effective in performance • Recognise hazards and make decisions about how to control any risks 		
Spring Half Term - 1	Swimming Football Gymnastics Dance Dodgeball Basketball Trampoline Hockey Volleyball	<p>Developing Physical and Mental Capacity</p> <ul style="list-style-type: none"> • Developing physical strength, stamina, speed and flexibility to cope with the demands of different activities • Developing mental determination to succeed. 		

Spring Half Term - 2	Hockey Volleyball Swimming Table Tennis Trampoline Basketball Fitness Testing Dodgeball Football Ultimate Frisbee
Summer Half Term - 1	Cricket Rounders Swimming
Summer Half Term - 2	Swimming Athletics

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