



Curriculum Plans - Year 8 - Physical Education - Academic Year 2023/24

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 8 in Key Stage 3.

	through Year 8 in Key Stage 3.										
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7				
	Badminton/ Adventure Days	Tennis/ Swimming	Volleyball	Football/ Adventure Day	Handball	Netball/ Adventure Days	Rounders, Athletics, Sports				
		Technical/Tactical:	Technical/Tactic		Technical/Ta		Days & BISL				
	Technical/Tactical:	service, forehand,	al: underhand	Technical/Tactic	ctical:	Technical/Tactical:	Olympics				
	service, drop shot,	backhand, volley,	serve, dig, set,	al: passing,	passing,	passing, footwork,					
	and playing to space.	and playing to	spike and play to	receiving,	receiving,	shooting,	Technical/Tactical:				
	Students will apply	space. Students	space.	dribbling,	dribbling,	positional play,	passing, receiving,				
	balance, agility,	will apply balance,	Students will	finishing , and	finishing,	marking,	striking, and				
	coordination, power,	agility,	apply balance,	making decisions	and making	defending, and	feilding.				
	and improved reaction time.	coordination, power, and	agility,	under	decisions under	decision	Students will apply				
	reaction time.	improved reaction	coordination, power, and	pressure. Students will	pressure.	making. Students will apply	speed, agility, and improved reaction				
	Psychological:	time.	improved	apply speed,	Students will	agility, balance,	time.				
	positive approach to	time.	reaction time.	agility, power,	apply speed,	and improved	time.				
	play and	Psychological:		and improved	agility,	coordination.	Psychological:				
	concentration.	positive approach	Psychological:	reaction time.	power, and		positive approach				
		to play and	positive		improved	Psychological:	to play and				
	Social: working	concentration.	approach to play	Psychological:	reaction	positive approach	concentration.				
	independently,		and	positive	time.	to play and					
	communicating	Social: working	concentration.	approach to play		concentration.	Social: teamwork				
	rules.	independently and	Caratala	and	Psychologica	Social: teamwork	and managing				
	Students will apply	communicating rules.	Social: working independently	concentration. Social:	l: positive approach to	and managing individual success	success and failure. Students will				
	their technique and	Students will apply	and	teamwork and	play and	and failure.	demonstrate				
	improve their	their technique	communicating	managing	concentratio	and failure.	throwing and				
	performance	and improve their	rules.	success and	n.	Students will	catching in				
	making contact with	performance		team failure.	Social:	participate in team	isolation and in				
	the shuttle, using	making contact	Students will	Students will	teamwork	games, and will	combination as				
	underarm and	contact with the	apply their	participate in	and	use a range of	well as apply				
	overarm techniques.	tennis ball, and	technique and	team games, and	managing .	tactics and	balance, agility and				
Topic	Students will use a	using	improve their	will use a range	success and	strategies to	coordination.				
∟	range of tactics and strategies to	forehandand, backhand and	performance making contact	of tactics and strategies to	team failure.	overcome opponents in	Students will apply these skills in co-				
	overcome	volley techniques.	contact with the	overcome	Students will	direct competition.	operative and				
	opponents in direct	Students will use a	volleyball, using	opponents in	participate in	direct competition.	competitive				
	competition.	range of tactics	underarm and	direct	team games,	Students take part	physical activities.				
	Students will apply	and strategies to	overarm	competition.	and will use	in outdoor and	Students will				
	the technique and	overcome	techniques and		a range of	adventurous	analyse their				
	rules of serving.	opponents in	will use a range	Students take	tactics and	activities which	performances				
	C444 4	direct competition.	of tactics and	part in outdoor	strategies to	present	compared to				
	Students take part in outdoor and	Students will apply the	strategies to overcome	and adventurous	overcome opponents	intellectual and	previous ones and demonstrate				
	adventurous	technique and	opponents in	activities which	in direct	physical challenges	improvement to				
	activities which	rules of serving.	direct	present intellectual and	competition.	and are encouraged to	achieve their				
	present intellectual		competition.	physical	'	work in a team,	personal best with				
	and physical	Students will swim	Students will	challenges and	Opportuniti	building on trust	running, jumping,				
	challenges and are	competently and	apply the	are encouraged	es for	and developing	and throwing				
	encouraged to work	confidently using a	technique and	to work in a	everyone:	skills to solve	through a range of				
	in a team, building on trust and	range of strokes over a distance of	rules of serving.	team, building	discussing proactive	problems, either	athletics competitions				
	developing skills to	at least 25 metres.	Better together:	on trust. The	behaviours	individually or as a	during sports days.				
	solve problems,	Students can	continue to	working world: how cities are	that make	group .Keep it	Healthy body,				
	either individually or	perform safe self-	develop	using sporting	people from	green, keep it	healthy mind:				
	as a group.	rescue in different	friendships and	events to	all	clean: discussion	discussions on the				
	Planning for	water-based	create an anti	improve social,	backgrounds	on ways	interaction				
	tomorrow:	situations.	bullying PE	environmental	feel	professional sports are going green.	between your				
	discussions of how	World around us:	environment.	and economic	welcome.	are going green.	mind, body and				
	sporting facilities	discussions on		conditions.			sport .				
	and sporting events	Black history month and									
	are turning towards	discrimination in									
	clean energy.	sport.									
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	Badminton	Tennis	Volleyball	Football	Handball	Netball	Rounders
Assessments	Assessment Fitness Assessment	Assessment Swimming Assessment	Assessment Fitness Assessment	Assessment	Assessment Fitness Assessment	Assessment	Assessment Athletics Assessment