

Year 8	Autumn 1		Autumn 2		Spring 1	
<p>Intent; Following on from the Year 7 curriculum where students were deliberately taught the technical knowledge underpinning skill development whilst performing within the full rules and regulations of that sport, we move into the year 8 curriculum. This year introduces all students to another opportunity to participate in a broad variety of practical activities, these lessons are crafted to uplift the knowledge and skill from year 7. Students are <u>developing</u> their understanding to be more autonomous and confident in performing independently, and as a team. Lessons will be physically active with a continued focus on the promotion of health and wellbeing.</p>						
Curriculum Goal	Football (Invasion sport)	Fitness (Athletics)	Basketball (Invasion Sport)	Netball/ Rugby (Invasion Sport)	Badminton (Net play)	Lacrosse (Invasion Sport)
Core skills knowledge	Football: Core Skills Ball control Passing Shooting Dribbling Tackling Marking	Fitness: Core skills Cardiovascular endurance, Muscular endurance, Muscular strength, Flexibility Body composition	Basketball: Core skills Stance and Footwork Passing Shooting Dribbling Marking	Netball: Core skills Footwork and Dodging Passing Shooting Rebounds Marking	Badminton: Core skills Serving Returning the serve Forehand Backhand Net shots	Lacrosse: Core skills Ground balls Passing/Receiving Shooting Tackling Dodging and marking
Adaptable skills and knowledge	Fundamentals; (age appropriate) Walk, Run, Skip, Jump, Throw, Balance, Catch, Kick, Strike, Stalk stand Skill related fitness components: Speed, Power, Agility, Balance, Coordination, Reaction time Health related fitness components: Developing Self-assessment strategies Developing understanding of Attacking/defensive strategies Developing communication Developing history of the sport Cross-curricular links: English, Maths, Science, Geography, History, Technology, Drama, Music.					
Key vocabulary	Positioning Tackling Possession Interception Offside	Cardiovascular Endurance Muscular Endurance Coordination Repetition Contraction	Carry Travel Double Dribble Turn over Three in the key	Pivot Dodging Offside Footwork Contact	Forehand Service line Tram line Flick Spatial awareness	Scooping Cradling Crease Ground Ball Slashing
Health and Physical Themes	MET-Metabolic equivalent to sitting		Body image		Stress	

	Spring 2		Summer 1		Summer 2	
Curriculum Goal	Gymnastics (Gymnastics)	Handball (Invasion sport)	Rounders (Fielding/Striking)	Cricket (Fielding/Striking)	Athletics (Track)	Athletics (Field)
Core knowledge	Gymnastics: Core skills Balance Rolls Flight Landings Vaulting Travelling	Handball: Core skills Throwing Catching Bouncing Shooting Offensive Defensive	Rounders: Core skills Batting Bowling Fielding Foul Ball Outs Scoring In/Out field	Cricket: Core skills Batting Bowling Fielding No Balls Wickets Scoring In/Out field	Athletics: Core skills 100 200 400 800 1200 Relay	Athletics: Core skills Javelin Shot Putt Discuss Long Jump Triple Jump High Jump
Transferable/Prior Knowledge	Fundamentals; (age appropriate) Walk, Run, Skip, Jump, Throw, Balance, Catch, Kick, Strike, Stalk stand Skill related fitness components: Speed, Power, Agility, Balance, Coordination, Reaction time Health related fitness components: Cardiovascular endurance, Muscular endurance, Muscular strength, Flexibility and Body composition Developing Self-assessment strategies Developing understanding of Attacking/defensive strategies Developing communication Developing history of the sport Cross-curricular links: English, Maths, Science, Geography, History, Technology, Drama, Music.					
Key vocabulary	Posture Mirroring Apparatus Twist Flexibility	Vertical Jump Stealing Screening Feinting	Tactical Stumping Back Stop Communication Alertness	Strategy Innings Overs Boundary Retire	Pacing Acceleration Dipping Determination Muscular Power	Measurements Explosive Focus Demanding Technique
Health and Physical Themes	Personal Hygiene		Arousal		Themes Recap	