

Year 8

Topic Overview Physical Education



Autumn Term	
Topic 1	Invasion Games (Netball)
Topic 2	Net Games (Table Tennis)
Spring Term	
Topic 3	Invasion Games (Football)
Topic 4	Trampolining and Gymnastics
Summer Term	
Topic 5	Striking and Fielding (Cricket)
Topic 6	Athletics

Year 8 Topic Overview Descriptions



Autumn Term	
Topic 1	Students will learn to develop their throwing and catching skills. Students will begin to look at dribbling and shooting in Basketball and the appropriate times to execute these skills. Students will be able to describe the skills and techniques needed in basketball and will be able to explain the basic rules of the game. Students will attempt to referee small sided games.
Topic 2	Table Tennis will develop students fine motor skills. Students will be able to play games within the rules and umpire their peers. Students will attempt to win rallies and be able to keep score.
Spring Term	
Topic 3	Students will develop their football skills. Looking at long and short distance passing, shooting, defending and attacking. Students will develop their tactical awareness and start to be able to instruct others in a game.
Topic 4	Students will build on their creative skills. Students will focus on agility and control. During gymnastics students will learn the correct technique to perform an increasing range of rolls and stands. Students will gain confidence using the trampoline and be able to perform a 6 move routine.
Summer Term	
Topic 5	Students will look at both Kwik cricket and the full form of the game. Students will be introduced to over arm bowling, diving and catches. Students will look at methods of scoring and attempt to keep score in a game.
Topic 6	Students will complete a range of athletic events including long and short distance running, discus and long jump. Students will look at how they can improve their times or distances.