

Year 8	Key Topics	What will ALL students learn?	What will the most able students learn?	What is the key piece of Assessment/Rich task?	Areas of Challenge and GCSE work
Block 1	Boys - Football	<p>Students will learn how to: Play a range of passing techniques and control the ball when dribbling and receiving. Be more effective in a game situation, attempt to beat defenders using dodge techniques, though still with little success. Comment on the strengths and weaknesses of own and others' performances and take on a variety of different roles such as the referee, scorer or coach. Identify fitness needs of different roles in the game.</p>	<p>The most able students will learn how to: Play skills with speed, accuracy and control and show a good standard of passing and receiving skills in both practice and game situation. Recognise and demonstrate how to support a player in a game situation. Take the lead in a team situation and are careful to involve others. Describe how other forms of exercise are helpful in improving football performance.</p>	<p>Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.</p>	<ul style="list-style-type: none"> • Students planning tactics and the use of different formations. • Refereeing a competitive game.
	Girls - Netball	<p>Show fluency and accuracy in netball play. Have a basic understanding on attack and defensive principles and demonstrate knowledge of the rules and tactics. Comment on the strengths and weaknesses of own and other players' game and can take on a variety of roles including the umpire, coach and scorer. Identify the fitness needs of the different roles in the game.</p>	<p>Demonstrate skills with speed, accuracy and control and show a good standard of passing and catching in practice and in game situations. Read the game well and demonstrate effective marking techniques. Take the lead in a team situation and are careful to involve others. Describe how other forms of exercise can help improve netball performance.</p>		<ul style="list-style-type: none"> • Students analyzing a competitive game, identifying the strengths and weakness of a player. • Umpiring a competitive game.

	Mixed - Badminton	Vary the angle and distance of shots in a rally but most rallies still end in a mistake. Start to select shots that put the opponent under pressure. Comment on the strengths and weaknesses of another player. Perform a badminton specific warm up and cool down.	Vary the angle and distance of shots in a rally, but the performance sometimes breaks down under the pressure of a game. Sometimes select shots that help to give an advantage in a game. Umpire a game effectively and give basic coaching advice. Describe how other forms of exercise can help to improve badminton performance.		<ul style="list-style-type: none"> • Students demonstrate a range of shots in isolated practices. • Use the correct serving and scoring system for doubles and singles.
Block 2	Boys – Basketball	Have good control when dribbling in practice and game situations and use a variety of passes, though not all will be accurate. Attempt a lay up shot, though it is not technically accurate. In a game situation be more effective in man to man defence and have a basic understanding of attack and defence principles. Comment on the strengths and weaknesses of own and other players' game. Perform a basketball specific warm up and cool down.	Pass and receive on the move and the lay up is becoming more consistent. Vision is good within a game, can see passing opportunities and attack effectively. Take the lead in a team situation and are careful to involve others. Describe how other forms of exercise can help improve basketball performance.	Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.	<ul style="list-style-type: none"> • Students planning tactics and the use of different types of defending (zone & man to man) • Refereeing a competitive game in pairs working as trail and lead.
	Girls – Tag rugby	Show basic sidestepping and swerving. Have some understanding of the attacking and defending during a game. Accurately perform a flat pass and spin pass over a short distance. Can show average decision making skills e.g. 2v1. Show fair tackling skills.	Understand the requirements of all positions and demonstrate the desired skills to a good standard. Drop kick and referee a sevens type game. Accurately demonstrate a punt kick and understand all principles in a		<ul style="list-style-type: none"> • Students develop precision, control and fluency in passing, running with

			game situation.		and receiving the ball.
	Mixed – Healthy and active lifestyles	Show basic understanding of the components of fitness, and attempt to link how an aspect of physical activity can improve a specific component of fitness. Will be able to complete an appropriate active warm up and be able to comment on the benefits of a healthy lifestyle.	Will be able to link physical activity with specific components of fitness and will be able to comment on how different activities will contribute to a healthy lifestyle. Will be able to lead an active warm up and be able to administer some aspects of fitness testing.		<ul style="list-style-type: none"> To complete a range of exercises correctly. To explain the effects of exercise on the body. To be able to record HR. To experience the difference between aerobic and anaerobic exercise.
Block 3	Boys – Rugby	Show basic sidestepping and swerving. Have some understanding of the roles of forwards and backs during a game. Accurately perform a flat pass and spin pass over a short distance. Understand the principles of the ruck and maul and can show average decision making skills e.g. 2v1. Show fair tackling skills from side front or rear.	Understand the requirements of all positions and demonstrate the desired skills to a good standard. Drop kick and referee a sevens type game. Accurately demonstrate a punt kick and understand all principles of the ruck and maul in a game situation.	Learn and develop skills for the activity. Apply skills to increasing challenging	<ul style="list-style-type: none"> Students develop precision, control and fluency in passing, running with and receiving the ball. Tackle consistently from front side and smother

				<p>situations. Apply and make decisions during a game.</p>	<p>tackle.</p> <ul style="list-style-type: none"> • Passing e.g. swing pass, screen pass, loop pass, spin pass, one-handed pass, reverse pass, off the ground pass, dummy pass • Ball handling and protection e.g. rucks, mauls, holding and protecting the ball □
	<p>Girls – Basketball</p>	<p>Have good control when dribbling in practice and game situations and use a variety of passes, though not all will be accurate. Attempt a lay up shot, though it is not technically accurate. In a game situation be more effective in man to man defence and have a basic understanding of attack and defence principles. Comment on the strengths and weaknesses of own and other players' game. Can perform a basketball specific warm up and cool down.</p>	<p>Pass and receive on the move and the lay up is becoming more consistent. Vision is good within a game, can see passing opportunities and attack effectively. Take the lead in a team situation and are careful to involve others. Describe how other forms of exercise can help improve basketball performance.</p>		<ul style="list-style-type: none"> • Students planning tactics and the use of different types of defending (zone & man to man) • Refereeing a competitive game in pairs working as trail and lead

	Mixed – Tag Rugby	Show basic sidestepping and swerving. Have some understanding of the attacking and defending during a game. Accurately perform a flat pass and spin pass over a short distance. Can show average decision making skills e.g. 2v1. Show fair tackling skills.	Understand the requirements of all positions and demonstrate the desired skills to a good standard. Drop kick and referee a sevens type game. Accurately demonstrate a punt kick and understand all principles in a game situation.		<ul style="list-style-type: none"> • Improve the range, difficulty and quality of their skills and techniques.
Block 4	Gymnastics	Demonstrate some basic agilities / vaults on the floor and on apparatus mostly with good technique. Perform a flowing sequence that includes many original ideas. Analyse own and others work picking out some important areas to improve. Perform a good gymnastics specific warm up and cool down routine that has some original ideas.	Perform a range of basic agilities and some basic vaults with good technique and control. Design and perform a fluent sequence that challenges ability and takes into account the ability of others involved. Take the lead in a group sequence situation and are careful to involve others. Describe how other forms of exercise can help to improve gymnastics performance.	Learn and develop skills for the activity. Apply skills to a sequence in preparation for performance.	<ul style="list-style-type: none"> • Complete a 10 bounce trampolining routine • Perform compositional ideas imaginatively to make a performance more expressive and meaningful
Block 5	Boys – Badminton	Vary the angle and distance of shots in a rally but most rallies still end in a mistake. Start to select shots that put the opponent under pressure. Comment on the strengths and weaknesses of another player. Perform a badminton specific warm up and cool down.	Vary the angle and distance of shots in a rally, but the performance sometimes breaks down under the pressure of a game. Sometimes select shots that help to give an advantage in a game. Umpire a game effectively and give basic coaching advice. Describe how other forms of exercise can help to improve badminton	Learn and develop skills for the activity. Apply	<ul style="list-style-type: none"> • Students demonstrate a range of shots in isolated practices. • Use the correct serving and scoring system for doubles and

	Girls – Healthy and active lifestyles	Mixed –Healthy and active lifestyles	<p>performance.</p> <p>Show basic understanding of the components of fitness, and attempt to link how an aspect of physical activity can improve a specific component of fitness.</p> <p>Will be able to complete an appropriate active warm up and be able to comment on the benefits of a healthy lifestyle.</p>	skills to a variety of activities in preparation for performance.	<p>singles.</p> <ul style="list-style-type: none"> • To complete a range of exercises correctly. • To explain the effects of exercise on the body. • To be able to record HR. • To experience the difference between aerobic and anaerobic exercise.
	Mixed - Hockey	<p>Students will learn how to:</p> <p>Play a range of passing techniques and control the ball when dribbling and receiving.</p> <p>Be more effective in a game situation, attempt to beat defenders using dodge techniques, though still with little success.</p> <p>Comment on the strengths and weaknesses of own and others' performances and take on a variety of different roles such as the referee, scorer or coach.</p> <p>Identify fitness needs of different roles</p>	<p>The most able students will learn how to:</p> <p>Play skills with speed, accuracy and control and show a good standard of passing and receiving skills in both practice and game situation.</p> <p>Recognise and demonstrate how to support a player in a game situation.</p> <p>Take the lead in a team situation and are careful to involve others. Describe how other forms of exercise are helpful in improving football performance.</p>		<ul style="list-style-type: none"> • Students develop precision, control and fluency in passing, running with and receiving the ball.

		in the game.			
Block 6	Boys, Girls, Mixed - Athletics	Have a basic knowledge of nearly all the track and field events. Know how to measure different events. Know how to perform most events and what own and others technique should be like to improve. Demonstrate a good fitness level enough to complete in events.	Have a sound knowledge of all the athletic categories (running/jumping/throwing). Have a greater knowledge of technique in my chosen events and know the main rules and can apply them.	Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.	<ul style="list-style-type: none"> To investigate the components of fitness through each event. (Speed, power, cardiovascular endurance, muscular endurance)
	Boys, Girls, Mixed - Striking & Fielding Games	Have a wide selection of fielding skills that can be performed. Take part in a small sided game and understand different roles in the field. When batting make good contact with the ball. Observe and analyse own and other pupil's techniques.	Play a full game and know most of the rules. Be competent when throwing, catching and batting, and show accuracy and variety. Undertake different roles on the pitch. Recognise weaknesses in other players and can use basic tactics to help win.		<ul style="list-style-type: none"> Umpire a full game. Score a full game. Attempt to use disguise/spin when bowling with variety.
Block 7	Boys, Girls, Mixed - Athletics	Have a basic knowledge of nearly all the track and field events. Know how to measure different events. Know how to perform most events and what own and others technique should be like to improve. Demonstrate a good fitness level enough to complete in events.	Have a sound knowledge of all the athletic categories (running/jumping/throwing). Have a greater knowledge of technique in my chosen events and know the main rules and can apply them.	Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.	<ul style="list-style-type: none"> To investigate the components of fitness through each event. (Speed, power, cardiovascular endurance, muscular endurance)

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