

# PE Curriculum Map (Year 8)

[2022 – 2023]

Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)



## Year 8 – Term 3

- Increase physical competency in a range of athletic events and striking and fielding games.
- Develop technique to improve performance.
- To strive for personal best.
- Understand athletic events varying rules/regulations.
- To understand what makes a performance effective and how to improve.

Sports Day  
(House Comp)

Performing at maximum levels  
Refine technique and improve proficiency  
Extra Curricular  
Halton Athletics Meet, Sports day

Overcoming an opponent  
Striking and fielding  
Extra Curricular  
Rounders/ Cricket SG's competitions

Interim Assessment

Rowathon  
(House Comp)

Interim Assessment

## Year 8 – Term 2

- Increase physical competency in a range of net and wall games and gymnastics and analyse performance
- Gain an understanding of map reading skills.
- To understand immediate effects of exercise on the body.

Outdoor and adventurous skills  
Develop leadership skills and Map reading

Exploring Net and Wall activities  
Modify and refine skills  
Extra Curricular  
Table Tennis/ Badminton SG's

Accurate replication  
Balance

Heath Games  
(House Comp)

## Year 8 – Term 1

- Increase physical competency in a range of fitness and games activities, showing greater control, fluency and accuracy.
- Gain an understanding of the methods of training and the immediate effects of exercise
- Understand more complex rules/regulations.

Overcoming an opponent  
Selecting and combining skills  
Extra Curricular  
Cheshire Cup/ ESFA  
SG's Netball/Football/basketball

Developing Health & Fitness  
Resilience and challenge  
Extra Curricular  
Sports hall Athletics  
Cheshire Cross Country

3 part warm up  
Pulse raiser  
Dynamic stretches  
Game related skill