**­­Year 8 - Physical Education Curriculum Overview 2025/26**

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| **YR**  **8** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | **Invasion Games**  *(suggested activities)*   * Football * Basketball * Tag Rugby | **Net / Wall Games**  *(suggested activities)*   * Badminton * Pickleball | **Health & Fitnes**  *(suggested activities)*   * Circuit Training * Fitness Challenges | **Targeting Games**  *(suggested activities)*   * Curling * Dodgeball * Darts * Boules | **Athletics**  *(suggested activities)*   * Track & Field Events | **Striking & Fielding**  *(suggested activities)*   * Rounders * Cricket |
| **Key new knowledge** | Improving passing and dribbling techniques under light defensive pressure.  Using simple attacking strategies, such as overlapping runs, to create opportunities.  Understanding basic defensive principles, including marking and tracking opponents. | Developing consistency in forehand and backhand strokes during rallies.  Positioning dynamically to respond to opponents' shots more effectively.  Applying simple tactics, like targeting open spaces, to gain an advantage. | Describing how different exercises target specific components of fitness.  Performing a variety of exercises with improved technique and control.  Understanding the short-term effects of exercise, such as increased heart rate and breathing. | Performing accurate throws at moving targets with developing control.  Reacting quickly to opponents' movements to gain a tactical advantage.  Demonstrating respect and adherence to the rules while competing in games. | Refining sprinting form to improve speed and efficiency.  Executing basic jumping and throwing techniques with better precision and power.  Exploring pacing strategies for middle-distance running with a focus on stamina. | Adapting batting and fielding techniques to create scoring or defensive opportunities.  Performing accurate throws and catches to support team play.  Understanding simple tactics, such as positioning, to improve gameplay. |
| **Assessments** |  |  |  |  |  |  |