Curriculum Summary Document

Year 8- Physical Education

Skill Development, strategies and tactics.

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Invasion Games and Team Sports	Cycle 1	Students will refine and apply core movement and ball skills under greater pressure, including passing, catching, carrying, evasion and changing direction. They will develop tactical understanding of creating and using space, supporting the player in possession, maintaining possession, marking and defending. They will also begin to select and explain effective strategies in small-sided and conditioned games of netball, rugby or tag rugby.	Builds on Year 7's fundamental movement and core skill acquisition by focusing on consistency, timing and decision-making in game situations. Students begin to understand how individual skills contribute to team tactics and how to adapt their choices in response to opponents.	**Science**- Understanding movement, balance, force, muscles, coordination and the body's responses to exercise. **Maths-** Applying scoring, measuring distances, calculating times, recognising angles and understanding space, positioning and trajectories. **English-** Developing communication skills, using sporting terminology and explaining tactics **Life-** Promoting teamwork, leadership, resilience, respect, fair play, inclusion and positive relationships.
Net/ wall	Cycle 1	Improve consistency and control in serving, clearing, dropping and returning the shuttle in badminton. Develop court positioning, recovery to a ready position, anticipation and shot selection. Explore tactics such as moving an opponent around the court, targeting open space and changing the pace or direction of play.	Develops coordination and racket skills while introducing tactical choices. Students learn to use placement and positioning purposefully, anticipate an opponent's response and reflect on which strategies are effective.	
Invasion Games and Team Sports	Cycle 2	Refine passing, receiving, dribbling, turning and shooting while under pressure in a game of football. Students will also develop tactical awareness of width and depth, creating and exploiting space, support play, maintaining possession, transition between attack and defence, marking and recovery. Practise selecting tactics and adapting them during small-sided games.	Builds on Year 7 core football skills by helping students apply them with greater control and purpose. Tactical learning supports decision-making, awareness of teammates and opponents, and the ability to explain and adapt strategies during play.	

Fitness	Cycle 2	Develop the ability to select and perform exercises with safe technique and purposeful control. Explore how fitness supports performance in different activities, set personal targets and monitor effort and progress. Practise making simple decisions about exercise choice, order, repetitions and rest, while following equipment guidance and gym safety routines.	Builds physical competence and personal responsibility, helping students understand how fitness can support sporting performance. Students develop goal setting, self-monitoring and the ability to make informed choices about exercise safely.	**Life Skills and Careers-** Building problem-solving, decision-making, cooperation, adaptability and leadership skills that transfer to everyday life and future employment.
Striking and Fielding	Cycle 3	Refine striking, throwing, catching and fielding for greater accuracy and consistency. Develop tactical decisions about shot placement, running between bases or wickets, backing up, positioning fielders and choosing where to throw. Apply team strategies in game situations and review the effectiveness of decisions in cricket or rounders.	Builds on Year 7 object-control skills within cricket and rounders, by applying them strategically. Students learn to anticipate play, make decisions under pressure, understand team roles and choose actions that improve the team's chances of success.	
Invasion Games and Team Sports	Cycle 3	Develop greater control in dribbling, passing, receiving, shooting and changing direction under pressure in a game of basketball. Explore attacking strategies such as creating space, supporting the ball carrier and choosing when to pass or shoot, alongside defending, marking, intercepting and transitioning between attack and defence. Use small-sided games to select and adapt tactics.	Moves students from practising core skills towards applying them purposefully in competitive situations. It develops awareness, anticipation, teamwork and decision-making, and encourages students to explain why particular tactics work.	
Athletics	Cycle 4	Refine running, jumping and throwing techniques and explore how technique affects performance. Develop pacing and race tactics, starting and finishing strategies, run-up consistency, take-off and landing decisions, and selection of appropriate throwing technique. Measure results, set targets and identify adjustments that could improve performance.	Builds on fundamental movement patterns by developing technical consistency and strategic choices. Students learn to analyse performance, use results to set goals and make adjustments to technique or pacing to improve outcomes.	
Striking and Fielding	Cycle 4	Apply and refine striking, throwing, catching and fielding skills with greater accuracy and consistency in softball or cricket. Develop strategies for shot placement, running decisions, fielding positions, backing up and choosing effective throws. Work collaboratively to plan and adapt team tactics, then evaluate how decisions affect game outcomes.	Reinforces core skills while extending students' ability to make tactical decisions and adapt to changing situations. Students develop game awareness, communication and reflection, helping them transfer strategies across different striking and fielding activities.	