

## Curriculum Overview: Year 8 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Fitness, Gymnastics/Dance, Badminton Boys – Rugby, Football Girls – Hockey, Netball	<b>Topic:</b> Fitness, Gymnastics/Dance, Badminton Boys – Rugby, Football Girls – Hockey, Netball	<b>Topic:</b> Fitness, Gymnastics/Dance, Badminton, OAA Boys – Rugby, Football Girls – Hockey, Netball	<b>Topic:</b> Fitness, Gymnastics/Dance, Badminton, OAA Boys – Rugby, Football Girls – Hockey, Netball	<b>Topic:</b> Boys - Cricket Girls - Rounders	<b>Topic:</b> Athletics
<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> -What are the four types of bone?	<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> -What are the two types of muscle fibre?	<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> -What is gaseous exchange?	<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> -How do you calculate maximum heart rate?	<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> --What does anaerobic mean?	<b>Links to prior learning</b> - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities <b>Stretch and Challenge</b> <b>Enquiry</b> -What are the long-term effects of exercise?
<b>Equipment Needed</b> <ul style="list-style-type: none"> <li>• Red or black T shirt/Polo Shirt</li> <li>• Black Shorts/Tracksuit Bottoms</li> <li>• Red or black Sweatshirt/Jumper</li> <li>• Trainers</li> <li>• Red or black Football Socks</li> <li>• Football Boots for boys</li> <li>• NO Coats, Zipped Jackets or Hoodies</li> <li>• Please mark your kit with your full name</li> </ul>		<b>Wider Reading</b> <a href="https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study">https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study</a>  <a href="https://www.bbc.co.uk/bitesize/subjects/zdhs34j">https://www.bbc.co.uk/bitesize/subjects/zdhs34j</a>		<b>Family activities</b> <ul style="list-style-type: none"> <li>• Ensure your child is prepared for their PE lessons by having the correct PE kit</li> <li>• Encourage your child to take part in PE/Sport extra-curricular activities at school</li> <li>• Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school</li> <li>• Encourage your child to watch sport e.g. on TV</li> </ul>	

# The Bemrose School Curriculum

