



Year 8 BOYS Physical Education Course Outline

Term	Topic and approximate duration	Key learning areas	Equipment needed
Autumn Term	Outwitting an opponent, problem solving, accurate replication. (16 weeks)	Students should be able to: participate with an increased level of proficiency in Football and table tennis/Handball; learn and use the rules and key tactics for each sport; understand the benefits different methods of training and how to prepare the body effectively for exercise; students will also be able to replicate actions with increased accuracy.	Ashmole P.E. kit and clean trainers for indoor activities (plimsolls/converse type trainers are not allowed). Astroturf/trainers required for Handball & Football (shin pads also essential)
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	

Spring Term	Transfer skills to new activities, accurate replication in aesthetics. (12 weeks)	Students should be able to: participate with an increased level of proficiency in Basketball and Netball/Gymnastics; learn and use the rules and the key skills and tactics of in these team games; learn and use the respective sport's key terminology and the basic techniques for building a performance in gymnastics and be able to replicate actions in gymnastics with increased accuracy.	Ashmole P.E. kit
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	
Summer Term	Outwitting an opponent, performing at maximum levels. (12 weeks)	Participate with an increased level of proficiency in Basketball and Cricket/Rounders, developing more complex striking and fielding techniques; learn and use the rules and the key skills and tactics of each respective sport.	Ashmole P.E. kit.
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	



Year 8 GIRLS Physical Education Course Outline

Term	Topic and approximate duration	Key learning areas	Equipment needed
Autumn Term	Outwitting an opponent, problem solving, accurate replication. (16 weeks)	Students should be able to: participate with an increased level of proficiency in Netball/Basketball and Hockey/Gymnastics; learn and use the rules and key tactics for each sport; understand the benefits different methods of training and how to prepare the body effectively for exercise; students will also be able to replicate actions with increased accuracy in gymnastics; learn and use the respective sport's key terminology	Ashmole P.E. kit and clean trainers for indoor activities (plimsolls/converse type trainers are not allowed). Astroturf/trainers, shin pads and Gumshield required for Hockey
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	
Spring Term	Transfer skills to new activities, accurate replication in aesthetics. (12 weeks)	Students should be able to: participate with an increased level of proficiency in Dance/Table Tennis and Football/Handball; learn and use the rules and the key skills and tactics of in these team games; and be able to replicate actions in dance with increased accuracy; identify skills that have been acquired can be transferred to other sports.	Ashmole P.E. kit Astroturf/trainers and shin pads for Football
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	

Summer Term	Outwitting an opponent, performing at maximum levels. (12 weeks)	Participate with an increased level of proficiency in Football and Cricket/Rounders, developing more complex striking and fielding techniques; learn and use the rules and the key skills and tactics of each respective sport.	Ashmole P.E. kit.
	Nature of landmark assessment	Teacher assessment during games/challenges set for students.	