



The Priory school - Physical Education

Year 8 – Curriculum map 2023-2024

Students will go through a rotation of four sports each half-term.



Athletics

You will build upon the technique in the 100m, 200m, 400m, 800m, shot putt, and discus, to improve your times, distances, and technique.



Badminton

You will learn the basic rules to play successfully. You will learn core skills such as: Long and short serves, forehand overhead clear, forearm lift, and underarm clear, forearm drop shot, and decision making.



Rounders

You will build on the core skills learned in year 7, and you will learn core skills such as directional batting (backhand). You will learn advanced skills, such as: faster, flatter, and deeper throwing, and tactics in fielding and batting.

Cricket

You will build upon the core skills learned in year 7, and learn core skills such as: the cut shot and pull shot. You will learn advanced skills such as picking up the ball on the run and throwing when fielding, and variation in bowling delivery.



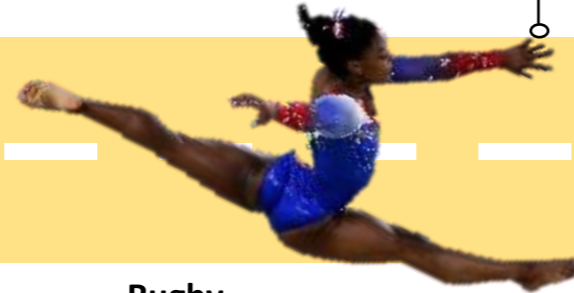
Orienteering

You will complete two lessons of orienteering, where you will learn how to navigate courses, and compete.



Handball

You will build upon the core skills learned in year 7, and learn advanced skills such as: tackling, weakest hand dribbling, and the jump shot.



Summer Term

Gymnastics

Students will build upon the core skills learned in year 7, and learn how to produce more complex balances, partner balances, types of travel and rolls, whilst producing a routine.



Rugby

You will learn core skills such as: tackling, clearing out and support roles at the ruck. You will learn advanced skills such as passing in both directions, and beating defenders through feinting, dummying, swerving and switching.



Fitness or dance

You will learn how to administer and participate in continuous training, fartlek training, interval training and circuit training or you will build upon the skills learned in year 7 dance, learning expression, choreographic techniques and pathways and formations.



Spring Term

Cross-country

You will learn how to pacing and build your endurance in preparation for the house run.



Volleyball

You will build upon the core skills learned in year 7, and learn core skills such as dig placement. You will learn advanced skills such as: 3 touch volleyball, attacking play, and serve return.



Autumn Term

Football

You will build upon the core skills learned in year 7, and learn advanced skills such as: beating opponents, non-dominant foot passing, non-dominant foot shooting, and off the ball marking.

Netball

You will build upon the core skills learned in year 7, and learn advanced skills such as: Mid and long distance passing, catching on the run, and turning in the air, shadowing in defence and intercepting.



Y8 PE recommended books



Assessment- 20 marks

Selfless- 5 marks

1. Teamwork
2. Leadership
3. Sportsmanship

Self-assured- 5 marks

1. Confidence
2. Resilience
3. Determination

Successful- 10 marks

1. Range and quality of skills
2. Fitness
3. Decision making

Your Physical Education Journey continues here ...

PE Non-Fiction

Linked to topics



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2yr 11



Psychology Ethics Racism Commercialisation Mental Strength Overcoming Fear

2yr 10



Leadership Anatomy & Physiology Nutrition Determination Equality Well being

2yr 9



Handball Dance Badminton Running Basketball Confidence

2yr 8



Self Belief Netball Fitness Football Athletics Rugby

2yr 7



Tennis Cricket Gymnastics Orienteering Football Resilience

PE Fiction

Linked to sports



Volleyball Parkour Swimming Swimming Running Football

2yr 9

2yr 9

2yr 9

2yr 10



Rugby Football Free Climbing Football Rollerskating Diverse & Friendly Options



Rugby Football Basketball Football Boxing Hallett



Basketball Horse Riding Gymnastics Football Outdoor Activities Athletics



Tennis Cricket Dance Cycling Football Netball