



Physical Education: Curriculum Overview - Core PE

Year 8

Term	Topic studied	What will I learn?	How will I be assessed?
Year 8 Autumn	Basketball	- Core skills: ball control, dribbling, footwork, passing & receiving, lay-up/set shot and variations - Defending stance and rebounding - Principles of attack and defence, and how to find, use and deny space - Making decisions and applying tactics in small-sided competitive games - Understanding of basketball rules and how they are applied in game situations	- Replication of core skills (dribbling, passing/receiving, shooting) under pressure - Outwitting opponents in attacking situations using team tactics - Understanding of game rules and role within team play - Decision making and problem solving during competitive games - Assessed through observation of skill execution, decision-making and teamwork during small-sided games, shooting drills and competitive matches.
	Hyrox	- Core bodyweight functional technique: burpees, bear crawls, lunges, squat jumps, plank shuffles, mountain climbers and partner carries - Compromised running technique and pacing strategy, applied across varied, unpredictable Hyrox-style challenges - How the body responds to sustained, mixed-intensity exercise, including heart rate, oxygen debt and work-to-rest ratio - Effective warm up and cool down routines suited to a race-style event - Taking on different roles (athlete, timekeeper, judge, coach) to support own and others' learning	- Replication of core bodyweight functional techniques, including under fatigue and competitive pressure - Application of pacing strategy and compromised running technique to sustain performance - Understanding of heart rate response, pacing and health-related fitness components - Self, peer and teacher assessment of performance, technique and improvement - Assessed through observation of technique, pacing and teamwork during station circuits, the fitness testing carousel and the final Hyrox Games competition.

	Outdoor and Adventurous Activities (OAA)	• Communication, trust and teamwork through practical problem-solving challenges • How to tackle physical and mental challenges as part of a group • Taking on different roles, including leadership, within a team • How to review a performance and adapt strategies to improve the outcome	• Taking part in mentally and physically challenging tasks • Problem solving and decision making within a group • Self and peer assessment of performance • Development of leadership skills and roles within a group • Assessed through observation of communication, problem-solving and teamwork during group challenges, timed tasks and problem-solving activities.
Year 8 Spring	Gymnastics	• Core gymnastic skills: cartwheel, rolls, handstand, handspring, side and through vault • Jumps and flight-based movements using apparatus • Linking movements into sequences with control, creativity and aesthetics • Evaluating and refining sequences to improve performance	• Replication of flight-based movements • Aesthetics, control and body management skills • Development of sequences and movement patterns • Peer and self-assessment of performance • Assessed through observation of skill execution, control and creativity during individual routines, paired/group sequences and apparatus work.
	Badminton	• Core shots: forehand/backhand send and receive, clear, drop shot, flick shot and smash • A variety of service actions and shot selection in competitive contexts • Use of space and more complex tactics to outwit an opponent • How to score and officiate games	• Replication of core skills (forehand, backhand, serve, smash, drop shot) • Outwitting opponents in attacking situations • Understanding of game rules and team play • Decision making and problem solving during competitive games • Assessed through observation of shot selection, court movement and teamwork during rallies, serving practice and doubles games.
	Lacrosse	• Fundamental stick skills: cradling, throwing, catching and scooping ground balls • Dodging and cutting into space to outwit an opponent • Basic principles of attack and defence in a non-contact invasion game	• Movement with and without the ball (cradling and dodging) • Execution of core skills: throwing, catching, ground balls and shooting • Outwitting opponents in competitive game situations • Physical literacy: running, agility, coordination and body control

		• Safe, controlled small-sided competitive game play	• Assessed through observation of skill execution, movement off the ball and teamwork during passing drills, small-sided games and competitive matches.
Year 8 Summer	Athletics	• Sprint and endurance running technique, including baton changeovers in relay • Jumping technique, e.g. long jump and high jump • Throwing technique, e.g. shot put, javelin/vortex and discus • Pacing, personal best setting, and rules for officiating and timekeeping	• Technical replication of running, jumping and throwing skills • Recorded performance data (times/distances) measured against personal bests • Understanding and application of competition rules • Officiating and timekeeping in competitive athletics situations • Assessed through observation of technique, effort and pacing during timed trials, measured jumps and throws, and relay changeovers.

