

**PE Year 8 Curriculum**

<p>Half Term 1</p> <p><u>Development of skill and tactics in one of the following sports netball, gymnastics, swimming badminton athletics.</u></p> <ul style="list-style-type: none"> <li>• Benefits of a health active lifestyle</li> <li>• Understanding of resilience</li> <li>• Importance of a warm up.</li> <li>• Understanding of fitness level and the different training methods that improve your fitness (Interval, fartlek, circuit).</li> </ul>	<p>Half Term 2</p> <p><u>Development of skills and tactics in one of the following sports : netball, gymnastics, badminton, tag rugby and swimming.</u></p> <ul style="list-style-type: none"> <li>• Focus on phases/importance of a warmup and cool down.</li> <li>• Continual development of fitness levels and knowledge of continuous training.</li> <li>• Participation in an interform competition.</li> <li>• Taster session on a new sport</li> </ul>	<p>Half Term 3</p> <p><u>Development of skills and tactics in one of the following sports - swimming, netball, badminton, football, tag rugby.</u></p> <ul style="list-style-type: none"> <li>• Focus on the muscles in the body.</li> <li>• Continual development of fitness levels and knowledge of circuit training.</li> </ul>
<p>Half Term 4</p> <p><u>Development of skills and tactics in one of the following sports swimming, gymnastics, softball athletics and badminton.</u></p> <ul style="list-style-type: none"> <li>• Focus on muscles and muscles movements related to sporting actions.</li> <li>• Participation in an interform competition.</li> <li>• Continual development of fitness levels and knowledge of fartlek training.</li> </ul>	<p>Half Term 5</p> <p><u>Development of skills and tactics in one of the following sports : swimming, rounders, badminton, athletics and football.</u></p> <ul style="list-style-type: none"> <li>• Focus on bones in the body.</li> <li>• Continual development of fitness levels and knowledge of interval training.</li> <li>• Taster session on a new sport.</li> </ul>	<p>Half Term 6</p> <p><u>Development of skills and tactics in one of the following sports swimming, rounders, softball, athletics and badminton.</u></p> <ul style="list-style-type: none"> <li>• Focus on joints in the body.</li> <li>• Participation in an interform competition.</li> <li>• Taster session on a new sport.</li> </ul>