

Year 8 – Health & Wellbeing								
Curriculum intent	Year 8 are challenged to understand and develop their own character. Learners are tasked to understand and explain the links between physical, social and emotional health and be able to analyse the effects of exercise. Learners are given guidance concerning leadership and develop a range of communication skills through physical activity and coaching.							
	Core values and key competencies are reinforced through challenging and innovative lessons.							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Knowledge	Hockey Netball Personal Fitness Young Sports Leaders Award	Basketball Football Table Tennis Young Sports Leaders Award	Volleyball Rugby Young Sports Leaders Award	Handball Indoor Athletics Young Sports Leaders Award	Rounders Cricket Athletics Young Sports Leaders Award	Softball Lacrosse Athletics Young Sports Leaders Award		
	Knowledge Communication Physical Ability	Understanding Respect Fitness Level	Analysis Leadership Competition	Feedback Resilience Technique	Responsibility Effort Tactics	Rules/Regulations Confidence Problem Solving		
	In year 8 learners will have the opportunity to undertake the Nationally recognised qualification in Young Sports Leadership. Learners will complete a course in which they develop their leadership skills and learn how to	Learners will be challenged to test their fitness levels and compare these results to that of National averages. Reflecting on their current levels of performance and being able to set targets for	Being able to compete effectively and perform as an effective competitor requires not only an understanding of the sport or activity but also requires and range of skills.	Communication both verbal and non verbal will be discussed and used to influence a performance within sport. Physical ability will be developed and tested throughout, challenging	Observing a performance and then reacting with a set tactic or play will help further their impact in competition. Learners will continue to develop their sport specific	Having developed a good range of skills through a vast range of sport learners will now be focusing on how their selection and use of advanced skills can be the difference		



	operate as effective and safe leader. ' In addition to YSL learners will continue to develop their core skills and knowledge from year 7. Building on knowledge of sports experienced previous learners will expand their basic core skills and look to further develop advanced practical skills.	improvement will be taught throughout this year. Challenging learners to push their fitness levels and ultimately improve their all- round performance.	Learners will be challenged to display basic and advanced skills and be pushed to ensure they are effective within a competitive situation. Learners will learn how to change a performance through the use of tactics and will develop their feedback and reflections skills.	learners to identify set skill or practices and develop their abilities within specific areas. Resilience and determination will be encouraged through competition and learners will understand the tactical advantage of knowledge surrounding specific set plays or tactics.	knowledge across a range of different sports and build on their increasing knowledge of sports and activities.	between success and failure. Learners will observe and feedback to their peers on performances and together look at how their own and their team performance could be improved.
Skills	Rules/Regulations Link Movements Endurance Coordination Strength Balance Agility	Rules/Regulations Link Movements Strength Coordination Speed Balance Agility	Rules/Regulations Control Accuracy Organisation Endurance Core Stability Flexibility	Rules/Regulations Control Accuracy Organisation Endurance Core Stability Flexibility	Rules/Regulations Tactical Knowledge Coordination Strength Endurance Power Balance	Rules/Regulations Tactical Knowledge Coordination Strength Endurance Power Balance
Assessments	Departmental –	Departmental –	Departmental –	Departmental –	Departmental –	Departmental –



	Every half term					
	using the					
	Gold/Silver/Bronze	Gold/Silver/Bronze	Gold/Silver/Bronze	Gold/Silver/Bronze	Gold/Silver/Bronze	Gold/Silver/Bronze
	assessment	assessment	assessment	assessment	assessment	assessment
	method.	method.	method.	method.	method.	method.
	Plus termly formal					
	assessment using					
	the KS3					
	Assessment Pack.					
Enrichment	Extra Curricular					
	Inter – form					
	Competitions	Competitions	Competitions	Competitions	Competitions	Competitions
	External Initiatives					
	RSHS Leadership					

