

## Subject Yearly Overview 2025-2026

Subject: Year 8 PE	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
<b>Autumn 1</b>	Health Related Fitness	Understand the impacts of exercise on the body, from raising heart rate and change in body temperature. Explore methods of training from circuit training to interval training.	Get a baseline assessment of student's physical capabilities and fitness levels. Get the pupils active after 6 weeks off – introduction and development of pupil knowledge.
<b>Autumn 2</b>	Volleyball	Develop basic, such as set, dig and serve, required to maintain a rally in volleyball. Identify some rules when playing games of volleyball. Broken up with football to encourage positive engagement in Volleyball. Also use team work aspect from volleyball into football.	Apply teamwork and communication in a different sport.
<b>Spring 1</b>	Basketball	Identify and develop key skills to be successful when playing basketball e.g. passing (range of passes), dribbling and shooting. Understand some rules when playing games of basketball e.g. double dribble, fouls and travelling.	Changed to Autumn 2 as we lost a lot of PE lesson (basketball) due to the exams being in the hall. Gym will be cold so need to keep the pupils active – using and developing basic skills of basketball. Apply teamwork skills in a team sport.
<b>Spring 2</b>	Table Tennis	Pupils will focus on consistently replicating core skills through conditioned situations. Pupils will also develop the ability to land the ball in a target area and refining game strategies with the intention of outwitting an opponent.	To encourage students to learn skills, rules and tactics to outwit an opponent.
<b>Summer 1</b>	Football	Understand principles of attack and defence, and be able to play a role within a team. Develop the core skills used in football, such as passing dribbling and shooting. Develop more advanced skills such as lob passes, dribbling moves etc.	Activity can be taught inside or out depending on exams / weather.  Apply and further develop teamwork skills.

<b>Summer 2</b>	Athletics / Badminton	Athl: Explore a range of athletic event such as high jump, sprinting, shot putt and relay. Bad: Pupils will focus on consistently replicating core skills through conditioned situations. Pupils will develop the ability to land the shuttle in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games.	Change of weather and the ability to work outside more often. Apply range of physical skills developed in the year to perform in athletic events.
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