



PE Curriculum Plan Overview

Year 8			
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing	Complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness: Cardio vascular endurance, Strength, Power, Speed, Agility, Co-ordination. Link components of fitness to sports and activities.	Discuss what tests are completed for different components of fitness, research the BBC Blueprint test online. Discuss which tests your child is good at and why?
	Tennis	Understand the key aspects of various technique Setting up of a court, Ball & racquet control, Forehand and Backhand Volleys Track it with your racquet	Watch a Tennis match and name the different shots a player uses.
Assessment:	<u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence</u>		
Autumn 2	Tennis Cont.	Underarm/Over arm serve Forehand/backhand shot, Game play	Ask your child to remember the key teaching points for the skills taught in lessons.
	Table Tennis	Setting up tables. Basic rules. Backhand bounce serve. Backhand/Forehand push shot. Rallies. Game play	Watch a Table Tennis match and name the different shots a player uses. Ask your child to remember the key teaching points for the skills taught in lessons.
Assessment:	<u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence</u>		
Spring 1	Gymnastics	Balances: partner, group and small apparatus. To explore moments of stillness	Watch a gymnastic performance and name the different elements a performer includes in their sequence, e.g., forward roll.

Summer 2

Basic throwing technique underarm & over arm
Basic catching technique underarm & over arm
Identify effective Bowling technique
Batting grip and stance
Fielding
Basic rules of the game

Watch videos clips of the skills covered in the cricket unit.

Ask your child to remember and recall the key teaching points for the skills taught in lesson.