

Year 8 Girls Topics

In year 8 we teach the following modules over the course of the year. Each module draws on prior learning from previous years and builds on understanding from the KS2 programme of study. Each module develops and deepens the Core knowledge that will underpin all areas of the curriculum at KS3 and KS4.

Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Football	To develop the basic skills of football to try and outwit an opponent.	Developing core skills – passing	Control, close, side foot, outside, laces, space	Students are learning foot-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Dribbling, turns and outwitting a defender	Outside, inside, laces, close, close control, head up	
		Development of shooting	Laces, side, volley, header, accuracy, control, power, keeper position	
		Developing an attack	Movement, possession, space, control, communication, tactics	
		Outwitting an opponent, teamwork	Movement, possession, space, speed, communication, tactics, rules	
		Defensive strategies, tactics	Shape, communication, jockeying, marking, organisation, tackling	
Gymnastics	Use core gymnastic skills in combination with other movements and apparatus. Incorporate control, creativity and aesthetics into balanced based sequences. Student will further develop an ability to evaluate and assess movements and sequences to produced refined outcomes.	Recap rotation and jumps	Travel, jump, power, rotations – forwards, backwards, cartwheel	To show respect towards other people's ideas and earn the respect of others in the way we behave
		Recap balance – Individual and partner work	Headstand, handstand, body tension, support, mirroring, matching, assisted balance, counter balance	
		Introduction to basic vaulting	Approach, take off, landing, height, jumps (tuck, straddle, pike)	
		Vaulting – low level apparatus	Control, body extension, aesthetic, stability, timing, landing, peer assessment	
		Vaulting - apparatus	Control, body extension, aesthetic, stability, timing, landing, peer assessment, handstand flat back / handspring	
		Final Routine and equipment	Control, body tension, aesthetic, stability, timing, Travel, Roll, weight on hands	
Rugby	Focus on developing attacking and defending strategies and replicating techniques required in competitive games.	Recap passing and refine handling skills	Target hands, ball to pocket & pass, accuracy, pop, flat pass.	Develop strong discipline and ensure sport is of controlled with the rules being obeyed. Individuals
		Passing & outwitting an opponent	Backwards, accuracy, speed,	
		Tagging	Deny Space, Body position, timing , mark, defensive line	

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	Development of the ability to perform and influence a game or pressurised situation. Thinking about use of core skills as part of strategies to outwit the opposition. Develop confidence in movement and test mental capacity tactical refinement and maintaining a game score.	Attacking & outwitting opponents Game Play & rules Competitive Play	Side step, space, agility Knock on, offside, forwards pass. Rules, outwit, mark	should be honest and fair.
Netball	Focus on developing team attacking and defending strategies and techniques using a set of core skills. Develop a sound knowledge of positions and rules surrounding footwork and contact.	Recap passing skills & fundamental rules Timing of pass / support play Attacking play Shooting Marking / defending Competitive Play	Chest pass, turning in air on landings to receive. Passing ahead – in space, flat accurate pass, order of passes – key players Move into space to receive, option, dodge. Circle edge passing in and out, shooting footwork – square to the post Marking the player, marking the ball, marking the pass, back line pass (GK, GD, WD) Rules, outwit, mark, penalty pass, free pass, throw in.	Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
Orienteering	To teach outdoor & adventurous activities, the life skill of map reading and enable students to be active and work on their fitness alongside communication and teamwork.	Map walk Star exercise North or South Star exercise North or South Cross country competitions	Building, canopy, open land, open land with scattered trees, rough open land, hard paved area, out of bounds area, area of water, woodland walk, woodland easy running, fence, high wall, high fence, stream, hedge, form line, earth bank, road, footpath, rock face, sign, boulder, gate, control point, single large tree, depression, post, seat, steps, bush or small tree, control point, orientate map. Control point, orientate map, North. Control point, orientate map, North. Time trial.	Students are learning how to orienteer through understanding maps and being able to interpret the land around them. It also encourages students to enjoy the outdoors and to adopt a healthy lifestyle. In addition, develops teamwork,

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		Team anagrams	Anagram.	communication, independent thinking.
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Health and fitness	Underpins all sporting performance and develops the knowledge students require to lead active lifestyles beyond school.	Recap CV	Fitness, cardiovascular fitness, heart, blood, oxygen, working muscles, interval training, continuous training	Encourage students to enjoy training and to adopt a healthy lifestyle. Also to understand how sport can build life skills such as reliance when dealing with success and failure.
		Recap ME	Circuit training	
		Fitness testing – power and speed	Vertical jump test, 30m sprint – protocol	
		Fitness challenges - power	Plyometrics, high intensity, anaerobic exercise, muscles lengthening and immediately shortening – link to other activities	
		Fitness challenges - speed	Speed, high intensity interval training, work: rest ratio, anaerobic exercise – link to other activities Sprinting challenges, accelerated speed challenge	
		Fitness re-testing – power and speed	Vertical jump test, 30m sprint – protocol	
Hockey	Focus on developing attacking and defending strategies and replicating techniques required in competitive games. Development of the ability to perform and influence a game or pressurised situation. In all games activities, use knowledge to think about use of core skills as part of tactics to outwit the opposition.	Dribbling & movement with the ball	No high stick, left hand top, right hand bottom, stick side, non-stick side, hand eye coordination	Teach students to take pride in their team, and rely on one another. Understanding each person has a part to play.
		Passing and reverse stop.	Push pass, slap, stick down, low to ground	
		Attacking – outwitting opponents, use of space	Space, timing of pass, pass into space	
		Defending principles - tackling	Stick low, stick at arm's length, 1 v 1	
		Shooting	Accuracy, timing, power	
		Competitive Play	Rules, outwit, defend	
Badminton	To develop knowledge of the basic skills of badminton in order to overcome an opponent. Develop hand eye co-	Hand Eye coordination activities	Off the net, over net, 1v1, movement. Shuttle. Feathers.	Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise
		Underarm action	Off the net, over net, foot placement, arm swing of racket, movement. Contact point with the shuttle in the middle of the strings. Body sideways on.	

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	ordination skills and apply these skills to future racket sports on the curriculum.	Overhead action	Stance, arm preparation, racket hand back to throw racket head at shuttle, Usain Bolt – non racket hand. Archer ready position. Contact point above the head and in front of the body. Body sideways on, transfer weight.	individuals endeavour. Working together as a team.
		Combining underarm and overhead actions	Underarm lift, overhead clear, deep clearing, stance, reaction time. Archer ready position. Contact point in front of the body either above head height or below the waist. Body sideways on.	
		Games Play – basic rules, low serve	Target rally, conditioned rally – 2 clear, play out point, High serve, low serve. Contact point with the shuttle in the middle of the strings. Service box. Service line.	
		Games Play – basic tactics	Service box, Tramlines, Net, vary the shot, make opponent move. . Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot. Returning to the centre of the court.	
Athletics	Use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Apply knowledge of fitness and its relationship to performance.	6 lessons – weather and facility dependant <ul style="list-style-type: none"> • Sprinting • Long distance • Throwing • Jumping • Relay 	Speed, strength, power, standing start, reaction time Pacing, cardiovascular fitness, determination, resilience Grip, power, strength, speed Run up, take off, landing, speed, power, flight Speed, communication, teamwork, problem solving	To provide experiences of success and failure and acquire resilience to cope with such situations.
Tennis	Replicating core skills through conditioned situations. Pupils will develop knowledge of where to land the ball in a target area and refining game strategies with the intention of outwitting an opponent	Racket and ball familiarisation	Hand eye-coordination, string ball contact in the middle of the racket, control, accuracy, feed, return. Shake hands grip. Contact point at the side of the body.	Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour. Working together as a team.
		Forehand / backhand	Grip, Stance, Swing, Follow through, Ready position, Length of stroke. Forehand - Strong hand/side of the body. Backhand - Opposite side of the body to forehand, either one handed or two. Body sideways on. Contact point at the side and in front of the body. Low to high swing.	
		Volley	Grip, Stance, Swing, Follow through, ready position, punching the ball. Racket head height. High five the ball. No Swing. L shape with the racket and wrist. No bounce. Attacking shot. Played at the net.	

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		Ground stroke to volley	Target Rally, Stroke placement. Approach play to the net. Attacking a short ball. Racket head height. High five the ball. No Swing. L shape with the racket and wrist. No bounce. Attacking shot.	
		Conditioned games	Movement, ready position, reaction to ball, placement of the ball. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot	
		Competitive play	Movement, ready position, reaction to ball, placement of the ball. First and second serve. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot	
Rounders	Use knowledge of core skills to implement and refining techniques for batting, bowling and fielding. Use knowledge of ball placement in a target area to refine game strategies to outwit opponents.	Fielding Skills	Accuracy, securing the ball, basket/cup, Accuracy, technique, release height, step in, movement, reaction, eye on the ball, long barrier, underarm and overarm	Development of decision making skills through game play
		Bowling development	Accuracy, technique, release height, step in, movement, reaction, eye on the ball	
		Batting development	Stance, eye on ball, swing, power,	
		Positional roles	Infield, outfield, backstop, Fielding positional roles, Batters on bays	
		Tactics to outwit opponents	Attacking – strike placement, Fielding – two player out options	
		Competitive play	Rules, scoring (use of second bay to score ½ rounder)	
Cricket	To develop the basic skills of cricket to outwit opponents.	Fielding techniques	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point, long barrier, soft hands, give.	Students are learning hand-eye coordination skills and fielding and run scoring tactics that can be transferred across a number of different sports. Development of decision making skills through game play.
		Catching/throwing games	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point, thumbs, little fingers	
		Batting technique	Balanced stance, bat up, footwork, straight bat, grip.	
		2-4-6 game	Decision making, wicket keepers, grounding the bat, fielder, bowler.	
		Danish long ball	Communication, accuracy, throwing, catching, speed, agility.	
		Kwik cricket	Batting crease, stumps, bowler, bat up, fielding positions, fours, sixes.	