

Year 8 PE – Outline Programme of Study

Activities may not be in this order and key knowledge may merge between terms.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Leadership and Life- skills. Fitness	Badminton	Rugby	Basketball/Netball	Striking/Fielding	Athletics
Key Knowledge	Cooperation Communication Empathy Resilience Working as a member of a team Kettlebells Training methods Warm up/cool down Muscle groups Effects of exercise Components of fitness Training types	Leading and officiating activities Playing competitively	Working at a high intensity Fundamental movements relevant for all sports	Developing skills in isolation, then increasing pressure Using skills within small sided games	Using attacking and defensive tactics	Attending extra curricular clubs and participating in house competitions.

Further information and reading list

Couch to 5k <https://www.bbc.co.uk/sport/get-inspired/43501261>

Ways to support and extend student learning in this subject

- Participate in regular exercise out of school
- Join sports clubs in the local area
- Attend FCC clubs after school
- Attempt FCC P.E bucket list tasks**