

## PE department - Year 8 scheme of work

National curriculum: <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf</a>				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Hockey	<ul style="list-style-type: none"> <li>- Developing stick handling / safety</li> <li>- Developing passing: push pass and slap pass</li> <li>- Developing dribbling and ball control: forehand control</li> <li>- Developing shooting</li> <li>- Developing tackling: block tackle</li> <li>- Developing communication / teamwork</li> <li>- Developing rules, strategies and tactics</li> </ul>	<ul style="list-style-type: none"> <li>- Push pass</li> <li>- Slap pass</li> <li>- Dribbling</li> <li>- Control</li> <li>- Shooting</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/topics/zyth6fr">https://www.bbc.co.uk/bitesize/topics/zyth6fr</a>
Autumn 2	Football	<ul style="list-style-type: none"> <li>- Developing passing: short pass, long pass, instep pass</li> <li>- Developing dribbling and ball control</li> <li>- Developing shooting: instep, laces</li> <li>- Developing tackling: poke tackle</li> <li>- Developing heading: safety</li> <li>- Developing communication / teamwork</li> <li>- Developing rules, strategies and tactics</li> </ul>	<ul style="list-style-type: none"> <li>- Passing</li> <li>- Tackling</li> <li>- Shooting</li> <li>- Crossing</li> <li>- Heading</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/guides/zwfnycw/revision/1">https://www.bbc.co.uk/bitesize/guides/zwfnycw/revision/1</a>
<b>Assessment point 1</b>				
Spring 1	Volleyball	<ul style="list-style-type: none"> <li>- Developing ball familiarisation</li> <li>- Developing serving: underarm, overarm and jump serve</li> <li>- Developing striking: Bump/dig shot, set shot, spike/smash shot and block shot</li> <li>- Developing defending/blocking: single block</li> <li>- Developing footwork</li> <li>- Developing communication / teamwork</li> <li>- Developing rules, strategies and tactics</li> </ul>	<ul style="list-style-type: none"> <li>- Underarm</li> <li>- Overarm</li> <li>- Serve</li> <li>- Bump/dig</li> <li>- Set</li> <li>- Spike/smash</li> <li>- Block</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/topics/zqk89qt">https://www.bbc.co.uk/bitesize/topics/zqk89qt</a>

Spring 2	Table Tennis	<ul style="list-style-type: none"> <li>- Developing serving</li> <li>- Developing striking: forehand / backhand push, forehand / backhand drive, forehand / backhand flick,</li> <li>- Developing communication / teamwork (doubles)</li> <li>- Developing rules, strategies and tactics</li> <li>- Developing decision making</li> </ul>	<ul style="list-style-type: none"> <li>- Forehand</li> <li>- Backhand</li> <li>- Serve</li> <li>- Spin</li> <li>- Flick</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/guides/z9m7xsq/revision/1">https://www.bbc.co.uk/bitesize/guides/z9m7xsq/revision/1</a>
<b>Assessment point 2</b>				
Summer 1	Cricket	<ul style="list-style-type: none"> <li>- Developing ball familiarisation</li> <li>- Developing cricket bat safety</li> <li>- Developing batting – grip of bat, body position, stance, swing</li> <li>- Developing bowling – underarm bowl, overarm bowl</li> <li>- Developing fielding – throwing, catching, positioning, wicket-keeping</li> <li>- Developing communication / teamwork</li> <li>- Developing rules, strategies and tactics</li> </ul>	<ul style="list-style-type: none"> <li>- Batting</li> <li>- Bowling</li> <li>- Fielding</li> <li>- Wicket</li> <li>- Crease</li> <li>- Outfield</li> <li>- Line &amp; length</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/topics/z3nsp39">https://www.bbc.co.uk/bitesize/topics/z3nsp39</a>
Summer 2	Athletics – Throwing events	<ul style="list-style-type: none"> <li>- Developing throwing events: discus, shot putt, hammer and javelin</li> <li>- Developing throwing safety</li> <li>- Developing teaching points – grip of object, body position, stance, swing</li> <li>- Developing rules</li> </ul>	<ul style="list-style-type: none"> <li>- Discus</li> <li>- Shot putt</li> <li>- Hammer</li> <li>- Javelin</li> <li>- Throwing</li> <li>- Pushing</li> </ul>	<a href="https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/4">https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/4</a>
<b>Assessment point 3</b>				