



# Curriculum

## Outline of Content

### Year 8



## Assessment

### Autumn Term

#### Netball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

#### Football - 3 lessons

Passing, Dribbling, Shooting, Tackling, Tactical Awareness

#### Rugby - 3 lessons

Passing, Kicking, Tackling, Tactical Awareness

#### Basketball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

### Spring Term

#### Fitness - 3 lessons

Methods of Training, Fitness testing

#### Gymnastics - 3 lessons

Floor routine - Jump, Turn, Travel, gesture, Stillness

#### Handball - 3 lessons

Passing, Dribbling, Shooting, Defending, Tactical Awareness

#### Badminton - 3 lessons

Service, Overhead + Underhand Clear, Drop Shot, Smash, Tactical Awareness

### Summer Term

#### Tennis - 3 lessons

Forehand, Backhand, Service, Volley, Teactical awareness

#### Cricket - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

#### Rounders - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

#### Athletics - 3 lessons

Running - Short and Long Distance, Jumps, Throws

Autumn Term

- Individual activity grades
- 25% from each activity goes towards overall termly grade

Spring Term

- Individual activity grades
- 12.5% from each activity goes towards overall termly grade

Summer Term

- Individual activity grades
- 8.3% from each activity goes towards overall termly grade

End of Year Grade

- Each activity will be worth 8.3% of final end of year grade.