

**PE Scheme of Work 2023-2024: YEAR 8**

<b>AUTUMN TERM 1: SEPT - OCT</b>	<b>AUTUMN TERM 2: OCT - DEC</b>	<b>SPRING TERM 1: JAN - FEB</b>
<b>Baseline/Evasion Games</b>	<b>Gymnastics/ ?</b>	<b>Net/Wall Games</b>
<p>The purpose of this unit of work is to develop pupils physically. They will pick up from fundamental skills last year and begin to develop advanced skills.</p>	<p>The purpose of this unit of work is for pupils to discover the limitations of their bodies. They will understand how to balance, travel and use equipment safely. They will learn more advanced moves to develop.</p>	<p>The purpose of this unit of work is to understand how to outwit opponents and use specific skills. Pupils will learn how to use equipment safely and review the performance of others.</p>
<b>SPRING TERM 2: FEB - MAR</b>	<b>SUMMER TERM 1: APR - MAY</b>	<b>SUMMER TERM 2: JUN - JUL</b>
<b>Health Related Fitness</b>	<b>Athletics</b>	<b>Striking and Fielding Games</b>
<p>The purpose of this unit of work is to develop fitness through fitness testing and fitness training. Learners will develop a knowledge on different methods of training and start to understand how to apply these to different sports. Pupils will also learn how to compare results from previous years to develop trends in personal fitness.</p>	<p>The purpose of this unit of work is for learners to compete at high levels of performance. Learners have the opportunity to compete in a variety of events, based on running, jumping and throwing and get to compete against each other competitively. They should be able to understand how to effectively assess each other to look to improve efforts in different athletic events.</p>	<p>The purpose of this unit of work is to develop specific skills in striking and fielding such as catching, throwing and striking the ball. Pupils will also learn advanced ways to bowl, strike the ball and fielding techniques.</p>