

YEAR 8 OVERVIEW PE

	AUTUMN TERM 1							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	
	04.09.17	11.09.17	18.09.17	25.09.17	02.10.17	09.10.17	16.10.17	
Girls	Netball – sending Football – control, look up, PASS	Netball – receiving Football – control, look up, DRIBBLE	Netball – attack Football – control, look up, SHOOT	Netball – defence Football – attack	Netball – positional play Football – defence	Netball – tactics Football – positional play	Netball – assessment lesson Football – Assessment lesson	
Boys	Hockey – Ball skills Rugby - Tackling	Hockey – Sending and receiving, push Rugby - Tackling	Hockey – Sending and receiving, slap Rugby - Rucking	Hockey – Sending and receiving, reverse stick Rugby - Rucking	Hockey – dribbling Rugby – 3 man scrums	Hockey – attacking and defending Rugby – 2 man line outs	Hockey – assessment lesson Rugby – assessment lesson	
Mixed	Hockey - ball skills Basketball - ball familiarisation	Hockey – Sending and receiving, push pass Basketball - Sending and receiving	Hockey – Sending and receiving, slap pass Basketball - shooting	Hockey – dribbling, ‘Indian’ Basketball – attacking and defending Assessment	Hockey - attacking Basketball - tactics	Hockey - defending Basketball – match play	Hockey – assessment lesson Basketball – assessment lesson Data and Reports	
	AUTUMN TERM 2							
	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	30.10.17	06.11.17	13.11.17	20.11.17	27.11.17	04.12.17	11.12.17	18.11.17
Girls	Netball – footwork Gym - rotation	Netball – shooting Gym – balance, individual	Netball – rebounding Gym – balance, partner	Netball – attacking, dodging / space Gym – balance, apparatus	Netball – defending Gym – flight, assisted	Netball – match play / tactics Gym – flight, apparatus	Netball – match play / tactics Gym, composition	Netball – assessment lesson Gym – assessment lesson
Boys	Football – dribbling, turns Basketball – sending and receiving	Football - passing, instep and laces Basketball - Dribbling	Football – controlling the ball Basketball – Jump shot	Football – shooting, power and placement Basketball - rebounding	Football – tackling, poke Basketball – Lay up	Football – heading Basketball – positional play	Football – match play / tactics Basketball - tactics	Football – assessment lesson Basketball – assessment lesson

Mixed	Badminton – grip, stance, rallying Multi Sports – Throwing	Badminton – court lines and short serve Multi Sports – Catching	Badminton – basic rules and short serve Multi Sports – Evading	Badminton – overhead clear, technique Multi Sports – Attacking	Badminton – overhead clear, distance Multi Sports – Defending	Badminton – drop shot, technique Multi Sports – Tactics	Badminton – drop shot, distance Multi Sports - communication	Badminton – assessment lesson Multi Sports – Teamwork
SPRING TERM 1								
	Week 16	Week 17	Week 18	Week 19	Week 20			
	08.01.18	15.01.18	22.01.18	29.01.18	05.02.18			
Girls	Dance – set piece, accuracy Trampolining – seat landings	Dance – set piece, formation Trampolining – Back landings	Dance – set piece, dynamics Trampolining – Front landings	Dance – set piece, commitment Trampolining - Combinations	Dance – assessment lesson Tampolining – assessment lesson			
Boys	Football – sending and receiving Volleyball – the dig	Football – control, body parts Volleyball – the volley	Football – set piece, throw ins Volleyball – the set	Football – set piece, corners Volleyball – serving and rules	Football assessment lesson Volleyball – Assessment lesson			
Mixed	Basketball – sending and receiving Volleyball – ball familiarisation	Basketball – Dribbling Volleyball – the dig	Basketball – shooting Volleyball – the volley	Basketball – rebounding Volleyball – serving and rules	Basketball – assessment lesson Volleyball – Assessment lesson Data Deadline			
SPRING 2								
	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26		
	19.02.18	26.02.18	05.03.18	12.03.18	19.03.18	26.03.18		
Girls	Football – dribbling, turns Basketball – sending and receiving	Football - passing, instep and laces Basketball - Dribbling	Football – controlling the ball Basketball – Jump shot	Football – shooting, power and placement Basketball – rebounding	Football – tackling, poke Basketball – Lay up	Football – assessment lesson Basketball – assessment lesson		

Boys	Trampolining – body control and safety Rugby - contact skills	Trampolining – seat landings Rugby - rucking	Trampolining – Back landings Rugby - scrums	Trampolining – Front landings Rugby – line outs	Trampolining - Combinations Rugby - mauling	Trampolining – assessment lesson Rugby - assessment lesson	
Mixed	Trampolining – body control and safety Football – control, look up, PASS	Trampolining – seat landings Football – control, look up, DRIBBLE	Trampolining – Back landings Football – control, look up, SHOOT	Trampolining – Front landings Football – attack	Trampolining - Combinations Football – defence	Trampolining – assessment lesson Football – assessment lesson	
SUMMER TERM 1							
	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
	16.04.18	23.04.28	23.04.28	30.04.28	07.15.18	14.05.18	21.05.18
Girls	Athletics – Middle Distance Runs	Athletics – Sprints	Athletics - Throws	Athletics – multi eventing	Athletics – multi eventing	Athletics – multi eventing	Athletics – assessment lesson
Boys	Athletics - Throws	Athletics – Middle Distance Runs	Athletics – Sprints	Athletics – multi eventing	Athletics – multi eventing	Athletics – multi eventing	Athletics – assessment lesson
Mixed	Athletics – Sprints	Athletics - Throws	Athletics – Middle Distance Runs	Athletics – multi eventing	Athletics – multi eventing End of Year Exams	Athletics – multi eventing End of Year Exams	Athletics – assessment lesson Data Deadline
SUMMER TERM 2							
	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40
	04.06.18	11.06.18	18.06.18	25.06.18	02.07.18	09.07.18	16.07.19
Girls	Rounders – Throwing Tennis – golden rule	Rounders – catching Tennis – groundstrokes, forehand	Rounders – hitting Tennis – groundstrokes, backhand	Rounders – rules Tennis – rules and serving	Rounders – tactics Tennis - volleys	Rounders – match play Tennis – match play	Rounders – assessment lesson Tennis - assessment lesson
Boys	Tennis – golden rule Cricket – Fielding, barriers	Tennis – groundstrokes, forehand Cricket - bowling	Tennis – groundstrokes, backhand	Tennis – rules and serving Cricket – batting, hit to	Tennis – volleys Cricket – batting, drive	Tennis – match play Cricket – match play	Tennis - assessment lesson

			Cricket – batting, pull shot	leg off front foot			Cricket – assessment lesson	
Mixed	Rounders – Throwing Stoolball - throwing	Rounders – catching Stoolball - catching	Rounders – hitting Stoolball - hitting	Rounders – rules Stoolball - rules	Rounders – tactics Stoolball - tactics	Rounders – match play Stoolball – match play	Rounders – assessment lesson Stoolball – assessment lesson	