

Year 8	Physical Education Curriculum Map Autum Term								
	1	2	3	4	5	6	7	8	9
Football	Creating space through movement and ball control	Passing and receiving (ball in the air) -different types of control -accuracy of passing under pressure	Dribbling and running with the ball -recognition of when to use -use of turns -body shape	Shooting -on the move -under pressure	Attacking as a team -spatial awareness communication	Defending as a team -shape - communication -offside	Attacking/defending -set pieces -zonal/ marking	Formation	
Rugby	Recap of games - zone ball - any direction tag - tag	Principles of attack - go forward - support	Attacking play - switch - overlap - committing a defender	Principles of defence - unit work - communication - straight line	Contact readiness - contest vs bags - ball presentation	Tackling	Rucking	Scrum - 1v1 - 2v2 - 3v3	
Fitness	Health monitoring test	Muscular system Endurance training	Target zones -Use of heart rate testing -Forestry step test	Interval training	Fartlek training	Continuous training	Circuit training	Health monitoring test -looking at areas of improvement	
Floor Gymnastics	Recap on balances and rolls	Use of apparatus for balance and rolls	Travel through creative movement	Use of vaults Jumps	Creation of a routine	Performance of a routine			
Basketball	Ball Familiarisation	Shooting -set	Dribbling Types	Developing a Lay up	Person to person	Zonal marking	Application of skills		

	tion & Key Rules - passing & receiving - chest pass - shoulder pass - bounce pass	- BEEF - angles - rebounding	-retreat -speed - side - v dribble	in game scenarios	marking		into games - rules inc. back court	
Netball	Recap Netball Fundamentals – footwork & passing	Use of Space & Timing of Run – recap positions	Netball Game – focus on positions and timing of run & pass	Attacking Principles – explore different attacking strategies	Netball Game – focus on attacking principles	Defending Principles – Stage 1 Marking (person-to-person)	Netball Game – focus on Stage 1 marking	Shooting – One-handed – can they shoot under pressure?