

# Curriculum Summary Document

## Year 8 – Physical Education

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Invasion Games & Team Sports	Autumn Term	Students refine core techniques in rugby, football and basketball, developing confident movement, accurate passing, effective defending and tactical awareness. They learn how to apply strategies in small-sided games, make decisions under pressure and work collaboratively to outwit opponents.	Students strengthen core tactical understanding, teamwork and decision-making—key KS3 foundations for confident participation across a broad range of sports. They build physical competence, spatial awareness and resilience when facing competitive challenges.	Oracy: developing precise spoken explanation
Fitness, Gymnastics & Dance	Autumn/Sp ring Term	Students build their understanding of key fitness components and how exercise affects the body. They develop balance, control, strength and coordination through gymnastics sequences and dance phrases. Students improve fluency of movement, link actions smoothly and evaluate how to refine performance.	Students deepen their body control, coordination and understanding of fitness principles. These skills underpin success across all KS3 physical activities and support the long-term development of healthy, active lifestyles. They continue developing the KS3 habit of evaluating and improving performance.	Science: understanding how exercise affects body systems  Maths: measuring, timing and interpreting performance data
Net/Wall, Striking & Fielding & Athletics	Spring/Summer Term	Students develop control, precision and tactical thinking in badminton, tennis and cricket. They refine serving, rallying, striking and fielding skills and learn how to adapt tactics to different situations. In athletics, they improve running, jumping and throwing technique and apply strategies to track personal progress.	Students enhance precision, control and adaptability, supporting wider progression across KS3. They develop transferable skills such as timing, coordination and tactical awareness while building confidence in measuring, improving and striving for personal best performances.	