

Year 8 Boys Topics

In year 8 we teach the following modules over the course of the year. Each module draws on prior learning from Year 7 and builds on understanding from the KS2 programme of study. Each module develops and deepens the Core knowledge that will underpin all areas of the curriculum at KS3 and KS4.

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Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Rugby	To introduce the basic skills of rugby to outwit opponents.	Recap passing and refine handling skills	Target hands, swing arms, point fingers	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop strong discipline and ensure sport is of controlled with the rules being obeyed. Individuals should be honest and fair.
		Introduce front tackle	Target thigh, shoulder contact, wrap arms, cheek on cheek.	
		Tackling development	Knee, hip, shoulder landing, drive legs, crouch ready position.	
		Ball presentation in tackle	Long arms, protect head, ball control	
		Pass from breakdown	Target hands, swing arms, point fingers	
		Competitive games	Rules, defensive lines, attacking lines, communication	
Badminton	To introduce the basic skills of badminton to outwit opponents.	Grip, ready position, forehand low serve.	Service lines, sideways stance, ready position, shake hands with racket	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Low serve and high serve	Service lines, sideways stance, ready position, snap wrist	
		Introduce the clear shot	Back of court, ready position, power, contact point, rainbow shape	
		Develop the clear shot	Back of court, ready position, power, contact point, rainbow shape	
		Outwitting opponents in a competitive game	Rules, move opponent, short, long, disguise, court markings	
		Outwitting opponents in a competitive game	Rules, move opponent, short, long, disguise, court markings	
Football	To develop the basic skills of football to try and outwit an opponent.	Developing core skills – passing	Control, close, side foot, outside, laces, space	Students are learning foot-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Dribbling, turns and outwitting a defender	Outside, inside, laces, close, close control, head up	
		Development of shooting	Laces, side, volley, header, accuracy, control, power, keeper position	
		Developing an attack	Movement, possession, space, control, communication, tactics	
		Outwitting an opponent, teamwork	Movement, possession, space, speed, communication, tactics, rules	
		Defensive strategies, tactics	Shape, communication, jockeying, marking, organisation, tackling	
Gymnastics – flight	To improve awareness of the position and	Recap rotation and jumps	Body control, tension, footwork, shapes	Students are learning to develop their kinaesthesia. This will help them in all sports when
		Introduction to flight from springboard	Foot patterns, take off, landings, shapes, control, finish	

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	movement the bodies balance and control in flight.	Low level apparatus vaults on/off	Foot patterns, take off, landings, shapes, control, finish, head position	understanding how their body moves and responds. They will also focus on developing the speaking and listening strand of the school literacy policy through student feedback on how to improve performance. Development of leadership as students will coach one another using teaching cards.
		High level vaults on/off and through	Hand placement, take off, landings, control, finish, head position	
		Through, straddle vaults	Hand placements, take off, landings, shapes, control, finish, head position	
		Refine vaults and rolls on box	Hand placements, head tuck, landings, control, finish.	
Orienteering	To teach outdoor & adventurous activities, the life skill of map reading and enable students to be active and work on their fitness alongside communication and teamwork.	Map walk	Building, canopy, open land, open land with scattered trees, rough open land, hard paved area, out of bounds area, area of water, woodland walk, woodland easy running, fence, high wall, high fence, stream, hedge, form line, earth bank, road, footpath, rock face, sign, boulder, gate, control point, single large tree, depression, post, seat, steps, bush or small tree, control point, orientate map.	Students are learning how to orienteer through understanding maps and being able to interpret the land around them. It also encourages students to enjoy the outdoors and to adopt a healthy lifestyle. In addition, develops teamwork, communication, independent thinking.
		Star exercise North or South	Control point, orientate map, North.	
		Star exercise North or South	Control point, orientate map, North.	
		Cross country competitions	Time trial.	
		Team anagrams	Anagram.	
		Team anagrams	Anagram.	
Basketball	To develop the basic skills of basketball to outwit opponents.	Develop passing, pivoting and dribbling, the triple threat	Variation of pass, traveling, double dribble, pivot foot, decision making	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Attacking and outwitting opponent	Decision making, communication, tactics, space	
		Defending skills	Marking, communication, man to man, zonal defence	
		Shooting – set shot, lay-up	BEEF, Dominant hand, follow through, balance, stance, non-shooting hand, backspin, hoop	
		Develop shooting – jump shot	Take off foot, drive, target, shooting hand, backboard	
		Outwitting opponents in competitive games	Decision making, communication, movement with/ without the ball, marking, tactics	

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Hockey	To develop the basic skills of hockey to outwit opponents.	Dribbling and movement with the ball	Left hand top, right hand bottom, open side, reverse side, hand eye coordination, low body position	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Passing and reverse stop	Push pass, slap, stick down, low to ground, right hand down, reverse side, open side, twist wrists	
		Creation of space, attacking principles	Movement, change of direction, communication, space	
		Defending, jab tackle	Left hand, twist stick, palm up, move opponent, steal possession	
		Shooting	Power, timing, accuracy, grip, hand position, hit, slap, push, keeper position	
		Outwitting an opponent, teamwork	Space, timing of pass, pass into space, movement off the ball, draw defender, communication	
Health related fitness	To develop student's knowledge of training and introduce how to measure and improve their cardiovascular fitness through the monitoring of heart rate.	Fitness suite safety induction reminder	Safety clips, treadmill instructions, light weights, high reps, straight back, strength endurance	Students are learning how exercise affects resting, working and maximum heart to help them manage their own fitness through the use of target training zones. Encourage students to enjoy training and to adopt a healthy lifestyle. Also to understand how sport can build life skills such as reliance when dealing with success and failure.
		Test 10 min cv	High intensity, cardiovascular fitness, muscular endurance.	
		Fitness challenges Resting HR/Working HR recap	Beats per minute, heart rate, 30 sec, pulse, blood, oxygen, safety, muscle groups	
		Fitness challenges Max Heart Rate	Beats per min, 220-age, 30sec, pulse, blood, oxygen	
		Fitness challenges Training zones	BPM, 60-80%, 30sec, pulse, training zones, blood, oxygen	
		Re-test	High intensity, cardiovascular fitness, muscular endurance, increase fitness level.	
Cricket	To develop the basic skills of cricket to outwit opponents.	Fielding techniques	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point, long barrier, soft hands, give.	Students are learning hand-eye coordination skills and fielding and run scoring tactics that can be transferred across a number of different sports. Development of decision making skills through game play.
		Catching/throwing games	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point, thumbs, little fingers	
		Batting technique	Balanced stance, bat up, footwork, straight bat, grip.	
		2-4-6 game	Decision making, wicket keepers, grounding the bat, fielder, bowler.	
		Danish long ball	Communication, accuracy, throwing, catching, speed, agility.	
		Kwik cricket	Batting crease, stumps, bowler, bat up, fielding positions, fours, sixes.	
Athletics			Pacing, slow, medium, fast, split laps	

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	Use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Apply knowledge of fitness and its relationship to performance.	6 lessons – weather and facility dependent: <ul style="list-style-type: none"> Sprinting Long distance Throwing Jumping Relay 	Speed, strength, power, standing start, reaction time. Pacing, cardiovascular fitness, determination, resilience. Grip, power, strength, speed. Run up, take off, landing, speed, power, flight. Speed, communication, teamwork, problem solving, accuracy with baton.	To provide experiences of success and failure and acquire resilience to cope with such situations.
Tennis	To develop basic skills of tennis in order to outwit an opponent.	Groundstrokes	Grip, stance, swing, follow through, letter C, lift ball of the water, forehand, backhand, contact point	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Singles rallying	Cooperation, forehand, backhand, underarm serve, control, ready position	
		Competitive singles	Court markings, rules, tactics, court positioning, point systems, volleys	
		Around the world	Footwork, court placement, movement, cooperation, tactics, forehand, backhand	
		Serving technique	Grip, sideways, low to tick position, contact point, ball toss, rules	
		King of the court	Court markings, rules, tactics, court positioning, point systems, volleys	
Striking and fielding - variations	To develop the basic skills of bucketball and softball in order to outwit opponents.	Fielding skills and basic rules	Accuracy, hand-eye coordination, overarm, underarm, rules, batting square, bowler, fielders, one barrier, soft hands, accuracy, hand-eye coordination	Students are learning hand-eye coordination skills and fielding and run scoring tactics that can be transferred across a number of different sports. . Development of decision making skills through game play.
		Tactics when hitting	Use of space, location of fielders, foot position, hand-eye coordination	
		Game play development	Use of space, location of fielders, foot position, hand-eye coordination	
		Tactics in game play	Use of space, location of fielders, foot position, hand-eye coordination, fielding	

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		Tournament	Use of space, location of fielders, foot position, hand-eye coordination, fielding, scoring, rules	
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