

# Year 8 – CORE PE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>The following activities are run on a carousel throughout the autumn and spring terms.</p> <p><b>Dance</b></p> <ul style="list-style-type: none"><li>● <b>Stimulus:</b> Parkour Skill: Replication of set material, Use of choreographic devices (Unison / Cannon, Levels, Contrasting dynamics, Formations and transitions) and Performance quality. <b>Concepts:</b> Quality of performance &amp; quality of choreography. <b>Milestone Assessment:</b> Individual performance quality of routine &amp; quality of group composition.</li></ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"><li>● <b>Skill:</b> Rotation, Inverted balances, Counter balances / counter tension, Sports Acro (pair / trio) <b>Concepts:</b> Choreography / composition. <b>Milestone Assessment:</b> Individual performance quality of routine &amp; quality of group composition.</li></ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"><li>● Stroke Swimming, observation &amp; analysis, peer feedback. <b>Milestone Assessment:</b> Quality of stroke production.</li></ul> <p><b>Invasion Games (Hockey, Netball and Rugby)</b></p> <ul style="list-style-type: none"><li>● <b>Skill:</b> Passing, Ball handling, Dribbling, Shooting, Defending, Structured game play. <b>Knowledge:</b> Basic knowledge of rules. <b>Concepts:</b> Supporting play, Principles of attack and defence, Creating Space. <b>Milestone Assessment:</b> Conditioned practices, small sided games and match play.</li></ul>				<p>The following activities are run on a carousel throughout the summer term.</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"><li>● <b>Skill:</b> Running, Jumping, Throwing. <b>Knowledge:</b> intermediate knowledge of rules and timing and measurement of events. <b>Milestone Assessment:</b> Quality of skill production.</li></ul> <p><b>Strike and Field Games (Cricket or Rounders)</b></p> <ul style="list-style-type: none"><li>● <b>Skill:</b> Throwing, Catching, Batting, Bowling, Structured game play. <b>Knowledge:</b> Knowledge of the rules. <b>Concepts:</b> Principles of attack and defence, strategic and tactical decisions based on movement of the ball into space and choice of skill execution. <b>Milestone Assessment:</b> Conditioned practices, small sided games and match play.</li></ul> <p><b>Net Games (Tennis)</b></p> <ul style="list-style-type: none"><li>● Skill: Serves, Ground strokes (forehand &amp; backhand), Drop shots, Smashes, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Principles of attack and defence, Choice of skill execution. <b>Milestone Assessment:</b> Conditioned practices and match play.</li></ul>	