

Y8 Girls Autumn Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
1x a week	Football - Pupils complete a unit of football focussing on improving core skills learnt previously that include passing, dribbling, defending, shooting and positions. There is a greater emphasis on the combination of skill development, gameplay, tactical awareness, strategy and scenarios. Students can also referee within this unit							Sport Education - A unit of work focussing on pupils development around sport. This includes assigning roles including team manager, equipment organiser, coach, fitness coach and referee. Developing pupils ethos of teamwork.						
1x a week	Netball - Pupils will focus on key skills such a passing, shooting, marking whilst adopting a special awareness. Pupils recap the positions for 7-a-side Netball and the role of each position. Pupils will develop their tactics and decision making. Students can also umpire within this unit.							Basketball - Pupils complete a unit of Basketball whilst concentrating and recapping core skills such as dribbling, passing and shooting. Further development of decision making in game situations, defensive strategies and positioning. Pupils can begin to have a go at refereeing.						

Y8 Girls Spring Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
1x a week	Gymnastics/Trampolining - Pupils continue to develop their core skills within gymnastics, such as jumping and rotating. Pupils can progress onto the different levels of springboard and the vault whilst concentrating on looking aesthetically pleasing. Trampolining will be introduced within lessons, with the focus on control and shapes/landings. Safety of the equipment and activity are discussed.						Dodgeball - Pupils build upon their pre-existing skills and look at their consistency with catching, throwing, dodging and shooting at a target. Pupils will also focus again on gameplay and sportsmanship within this unit. Students begin to lead and umpire within this unit.					
1x a week	Health Related Fitness - Improving pupils fitness through health related activities. Pupils will complete various ways of exercise. Pupils will understand how exercise affects the body and the benefits of exercising. Some fitness testing (age appropriate).						Rugby - The Rugby unit will comprise of passing, running with the ball and handling the ball. Pupils will progress onto Contact rugby where they recap about tackling, rucks, mauls, kicking and scrums.					

Y8 Girls Summer Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
1x a week	Athletics – Field - Pupils will continue to develop their understanding and ability on throwing and jumping events. These include long jump, triple jump, javelin, shotput and discus. Whilst doing so, pupils will be start to link skill/physical components of fitness to each event.						Athletics – Track - Pupils will complete age specific events within track Athletics. These include events such as 50m, 100m, 200m, 400m, 800m, 1500m and relay. Whilst doing so, pupils will be start to link skill/physical components of fitness to each event.						
1x a week	Rounders - The pupils will complete a Rounders unit that will recap key aspects such as throwing, catching, striking, fielding, rules and gameplay elements. A variety of skills and games will allow pupils to progress effectively. Tactics and positioning will be reintroduced to this unit. Umpiring is introduced within this unit.						Cricket - Pupils will complete a Cricket unit of work that will recap on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively. Field positioning and batting/bowling tactics are reintroduced. Umpiring is introduced within this unit.						