

Year 8 Curriculum Overview

PE

Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills	[if any]		
Half term 1 and 2	Football	Year 8 football focuses on applying and refining advanced skills such as passing combinations, movement off the ball, crossing, and finishing under increasing pressure. Students explore key concepts including tactical awareness, transition play, communication, and decision-making through conditioned and competitive games. Subject-specific vocabulary such as overload, pressing, support play, width, and transition is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively in realistic game situations while developing composure, teamwork, and tactical understanding.	Participation in extra-curricular clubs and representing school teams Application of tactics and strategies into competitive situations. 'Do Now' activities based on prior learning Effectiveness in role related tasks	Use of KO and vocab lists in 'Do Now' tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results Use of task and technique cards, using keywords and vocabulary.	• Service • Ambition • Determination • Respect • Self-improvement • Leading an active lifestyle • Resilience • Self-reflection • Determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback • Presenting/performing • Safety consciousness • Health consciousness • Decision making and applying	MCQ's Formative assessment through small sided games Summative assessment through full sided games where possible Formative and summative assessment through scenario-based activities and group/individual performances	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams. Preferential treatment for the poor: Saint John
	Basketball	Year 8 basketball focuses on applying and refining advanced skills such as dribble penetration, shooting under pressure, defensive marking, and fast break play in competitive situations. Students explore key concepts including spacing, transition, communication, and tactical decision-making through conditioned and small-sided games. Subject-specific vocabulary such as screen, turnover, rebound, zone defence, and assist is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively under pressure while developing teamwork, composure, and overall game intelligence.					

	Table Tennis	Year 8 table tennis focuses on applying and refining advanced skills such as spin serves, controlled attacking shots, and accurate placement under pressure. Students explore key concepts including anticipation, shot selection, tactical awareness, and consistency through conditioned rallies and competitive games. Subject-specific vocabulary such as topspin, backspin, placement, rally, and smash is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively in pressured situations while developing reaction time, control, and tactical decision-making.					Paul II Sports Scholarship embedded annually Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	HRF	Year 8 health-related fitness focuses on developing fitness through circuit training, bodyweight exercises, and small equipment activities to improve strength, endurance, flexibility, and overall wellbeing. Students explore key concepts including intensity, recovery, goal setting, and the relationship between health and fitness while building confidence in leading active lifestyles. Subject-specific vocabulary such as aerobic, anaerobic, stamina, repetition, and cardiovascular endurance is embedded to support understanding and application. This unit encourages pupils to take ownership of their fitness and apply knowledge to maintain a healthy, active lifestyle.					
	Tchoukball	Year 8 tchoukball focuses on introducing and developing core skills such as passing, catching, movement, and shooting using the rebound frame. Students explore key concepts including spatial awareness, teamwork, timing, and attacking principles while gaining an understanding of the rules and structure of the sport. Subject-specific vocabulary such as rebound, possession, shooting zone,					

	Inclusive Sports	transition, and interception is embedded to support understanding and communication. This unit enables pupils to build confidence in an unfamiliar activity while applying skills in simple game situations and developing tactical awareness. Year 8 inclusive sports builds on the foundations developed in Year 7 by applying skills and tactics in activities such as boccia, goalball, and adapted target games under increased pressure. Students explore key concepts including communication, strategy, inclusion, and decision-making through conditioned and competitive situations. Subject-specific vocabulary such as precision, transition, spatial awareness, and teamwork is embedded to enhance understanding and performance. This unit enables pupils to develop confidence, empathy, and tactical awareness while promoting leadership and inclusive participation in sport.					
Year 8 Curriculum Overview							
PE							
Spring Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	CST
	Composites	Components	Formal Retrieval [if any]	Opportunities for developing literacy skills			

Half term 3 and 4		[KEY concepts & subject specific vocab]					
	Badminton	Year 8 badminton focuses on applying and refining advanced skills such as drop shots, clears, smashes, and movement around the court under pressure. Students explore key concepts including shot selection, positioning, anticipation, and tactical decision-making through conditioned rallies and competitive games. Subject-specific vocabulary such as smash, clear, drop shot, recovery, and court coverage is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively in game situations while developing agility, consistency, and tactical awareness.	Participation in extra-curricular clubs and representing school teams Application of tactics and strategies into competitive situations. 'Do Now' activities based on prior learning Effectiveness in role related tasks	Use of KO and vocab lists in 'Do Now' tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results Use of task and technique cards, using keywords and vocabulary.	• Service • Ambition • Determination • Respect • Self-improvement • Leading an active lifestyle • Resilience • Self-reflection determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback • Presenting/performing • Safety consciousness • Health consciousness Decision making and applying	MCQ's Formative assessment through small sided games Summative assessment through full sided games where possible Formative and summative assessment through scenario-based activities and group/individual performances	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams. Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually Providing kit for students on PP list.
	Rugby	Year 8 rugby focuses on applying and refining advanced skills such as tackling, offloading, rucking, and support play in pressured game situations. Students explore key concepts including continuity, defensive organisation, communication, and tactical decision-making through conditioned and competitive games. Subject-specific vocabulary such as ruck, line speed, overlap, offload, and turnover is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively under pressure while developing teamwork, resilience, and tactical awareness.					
	Handball	Year 8 handball focuses on applying and refining advanced skills such as jump shooting, fast breaks, defensive marking, and attacking combinations under pressure. Students explore key concepts including transition, spatial awareness, communication, and tactical decision-making through conditioned and competitive games. Subject-specific vocabulary such as pivot, interception, overload, possession, and counterattack is					

	Volleyball	embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively in game situations while developing teamwork, composure, and tactical awareness. Year 8 volleyball introduces students to the basic skills and rules of the game, focusing on developing fundamental techniques such as the dig, set, serve, and simple attacking shots. Students explore key concepts including positioning, communication, movement, and rally building to support successful team play. Subject-specific vocabulary such as volley, serve, dig, set, and rotation is embedded to build understanding and confidence. This unit enables pupils to apply skills in simple game situations while developing coordination, teamwork, and a basic tactical awareness of the sport.					Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	Netball	Year 8 netball focuses on applying and refining advanced skills such as quick passing, shooting under pressure, marking, and creating space in competitive game situations. Students explore key concepts including attacking options, defensive organisation, transition, and decision-making through conditioned and small-sided games. Subject-specific vocabulary such as interception, turnover, overload, circle edge, and support play is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively under pressure while developing teamwork, communication, and tactical awareness.					
	Athletics	Year 8 athletics focuses on applying and refining advanced techniques in running, jumping, and throwing events with an					

		emphasis on performance under competition conditions. Students explore key concepts including speed, power, endurance, technique refinement, and personal improvement through timed and measured events. Subject-specific vocabulary such as acceleration, take-off, stride pattern, momentum, and personal best is embedded to enhance understanding and performance. This unit enables pupils to apply skills effectively in competitive settings while developing resilience, fitness, and a focus on continuous improvement.					
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Year 8 Curriculum Overview

Subject

Summer Term	Knowledge & Understanding			Literacy Skills	Employability Skills	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills	[if any]		
Half term 5 and 6	Cricket	Year 8 cricket focuses on applying and refining core skills such as batting, bowling, fielding, and wicket-keeping in more competitive and pressurised game situations. Students explore key concepts including decision-making, tactical awareness, game awareness, and adapting to different match scenarios through conditioned games. Subject-specific vocabulary such as innings, over, strike rate, boundary, and wicket is embedded to enhance understanding and communication. This unit enables pupils to apply skills effectively under pressure while developing teamwork, resilience, and deeper tactical understanding of the game.	Participation in extra-curricular clubs and representing school teams Application of tactics and strategies into competitive situations. 'Do Now' activities based on prior learning Effectiveness in role related tasks	Use of KO and vocab lists in 'Do Now' tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results Use of task and technique cards, using keywords and vocabulary.	• Service • Ambition • Determination • Respect • Self-improvement • Leading an active lifestyle • Resilience • Self-reflection • Determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback	MCQ's Formative assessment through small sided games Summative assessment through full sided games where possible Formative and summative assessment through scenario-based activities and	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school
	Rounders	Year 8 rounders focus on applying and refining core skills such as batting,					

		bowling, fielding, and deep field throwing in more competitive and pressured game situations. Students explore key concepts including tactical decision-making, positioning, timing, and game awareness through conditioned and small-sided games. Subject-specific vocabulary such as rounder, backstop, post, no-ball, and innings is embedded to enhance understanding and communication. This unit enables pupils to apply skills effectively under pressure while developing teamwork, consistency, and tactical awareness.			• Presenting/per forming • Safety consciousness • Health consciousness Decision making and applying	group/individual performances	Solidarity: Team work and the pride in representing St Anne's sports teams. Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	Softball	Year 8 softball focuses on applying and refining core skills such as batting, pitching, catching, and fielding in more competitive and pressurised game situations. Students explore key concepts including tactical decision-making, positioning, timing, and adapting to game scenarios through conditioned and small-sided games. Subject-specific vocabulary such as strike zone, inning, pitch, outfield, and home plate is embedded to enhance understanding and communication. This unit enables pupils to apply skills effectively under pressure while developing teamwork, consistency, and tactical awareness of the game.					
	Padel	Year 8 padel focuses on applying and refining core racket skills such as serving, volleying, controlled groundstrokes, and using the walls effectively in competitive situations. Students explore key concepts including positioning, shot selection, reaction time, and tactical awareness through conditioned and small-sided games. Subject-specific vocabulary such as lob, volley, glass wall, rally, and court positioning is embedded to enhance understanding and communication. This unit enables pupils to apply skills					

		effectively under pressure while developing teamwork, consistency, and tactical decision-making.					
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