

1. Curriculum map by Year: Year 8 PE

| | | | Lesson Focus | Homework | Assessment | Enrichment |
|-------------|----------|---------|--------------------------------------|--|-------------------------|--|
| Autumn 1 | 05.09.22 | Week 1 | Maximum Heart Rate | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zqbf82/revision/1 https://www.bbc.co.uk/bitesize/guides/zqbf82/revision/2 https://www.bbc.co.uk/bitesize/guides/zqbf82/revision/3 | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Champs League Fixture Interhouse Competitions: - Basketball - Netball |
| | 12.09.22 | Week 2 | How to take heart rate | Watch the following video: https://www.youtube.com/watch?v=W5K_HR6hxMY | | |
| | 19.09.22 | Week 3 | Locations to take heart rate | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zxhxbk/revision/2 | | |
| | 26.09.22 | Week 4 | Aerobic exercise | Watch the following videos: https://www.youtube.com/watch?v=sVDF6xZMKg https://www.youtube.com/watch?v=8Y_Fdjl2v4I | | |
| | 03.10.22 | Week 5 | Aerobic exercise sporting examples | Spellings | | |
| | 10.10.22 | Week 6 | Anaerobic exercise | Revision | | |
| | 17.10.22 | Week 7 | Anaerobic exercise sporting examples | Year 8 PE Quiz 1 | Year 8 PE Quiz 1 | |
| Autumn 2 | 31.10.22 | Week 8 | Consolidation Week | Consolidation Week | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - International Football Fixture - Basketball Fixture Interhouse Competitions: - Gymnastics |
| | 07.11.22 | Week 9 | Agility | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2 | | |
| | 14.11.22 | Week 10 | Balance | Watch the following video: https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2 | | |
| | 21.11.22 | Week 11 | Coordination | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2 | | |
| | 28.11.22 | Week 12 | Cardio-vascular endurance | Spellings | | |
| | 05.12.22 | Week 13 | Flexibility | Revision | | |
| | 12.12.22 | Week 14 | Muscular endurance | Year 8 PE Quiz 2 | Year 8 PE Quiz 2 | |
| Spring 1 | 02.01.23 | Week 15 | Consolidation Week | Consolidation Week | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - PGL Residential Interhouse Competitions: - Dodgeball |
| | 09.01.23 | Week 16 | Power | Read into this in more details: https://filestore.aqa.org.uk/textbooks/sample/gcse-pe/AQA-8582-HODDER-SAMPLE.PDF | | |
| | 16.01.23 | Week 17 | Reaction time | Watch the following video: https://www.youtube.com/watch?v=pvvQnib23Xc | | |
| | 23.01.23 | Week 18 | Speed | Spellings | | |

| | | | | | | |
|-------------|----------|---------|-------------------------|--|-------------------------|--|
| | 30.01.23 | Week 19 | Strength | Revision | | - Badminton |
| | 06.02.23 | Week 20 | Knowledge Test 1 | Knowledge Test 1 | Knowledge Test 1 | |
| | 13.02.23 | Week 21 | Consolidation Week | Consolidation Week | | |
| Spring 2 | 27.02.23 | Week 22 | Interval Training | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/2 | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Netball Super League Interhouse Competitions: - Football - Handball |
| | 06.03.23 | Week 23 | Interval Training | Watch the following video: https://www.youtube.com/watch?v=kNpmxCUL1E8 | | |
| | 13.03.23 | Week 24 | Continuous Training | Spellings | | |
| | 20.03.23 | Week 24 | Continuous Training | Revision | | |
| | 27.03.23 | Week 26 | Circuit Training | Year 8 PE Quiz 3 | Year 8 PE Quiz 3 | |
| Summer 1 | 17.04.23 | Week 27 | Circuit Training | Consolidation Week | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Woman's FA Cup Final Interhouse Competitions: - Hockey - Cross Country |
| | 24.04.23 | Week 28 | Plyometric Training | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zqbyrdm/revision/2 | | |
| | 01.05.23 | Week 29 | Plyometric Training | Watch the following video: https://www.youtube.com/watch?v=JeUBWYDzVhY | | |
| | 08.05.23 | Week 30 | Fartlek Training | Spellings | | |
| | 15.05.23 | Week 31 | Fartlek Training | Revision | | |
| | 22.05.23 | Week 32 | Static Stretching | Year 8 PE Quiz 4 | Year 8 PE Quiz 4 | |
| Summer 2 | 05.06.23 | Week 33 | Static Stretching | Consolidation Week | | Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Cricket T20 - Indoor Athletics Interhouse Competitions: - Cricket - Rounders - Sports Day |
| | 12.06.23 | Week 34 | FITT | Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1 | | |
| | 19.06.23 | Week 35 | FITT | Watch the following video: https://www.youtube.com/watch?v=eNcxtSF2-Ac | | |
| | 26.06.23 | Week 36 | SPORT | Spellings | | |
| | 03.07.23 | Week 37 | SPORT | Revision | | |
| | 10.07.23 | Week 38 | Knowledge Test 2 | Knowledge Test 2 | Knowledge Test 2 | |
| | 17.07.23 | Week 39 | Consolidation Week | Consolidation Week | | |

