Core PE: Year 8 Curriculum Map 2026/27

Week Commencing	Lesson topic	HAIL	Assessment
Staff INSET 01/09 Students Return 02/09	**Physical Educations Standards, Expectations & Curriculum Overviews.**		
07/09/2026	**Activity 1** **Boys: Basketball** – Recap the rules of basketball and the main five skills: passing, dribbling, jump stop, pivoting and shooting / **Rugby** – Recap the key teaching points of passing, possession & movement. **Girls: Football** – Key teaching points of passing and how to keep possession / **Netball** – Understand how timing can affect possession in a game.	**Why do we cool down?** Research why a cool-down is important after exercise.	
14/09/2026	**Boys: Basketball** – How to perform the fundamental basketball skill of ball handling - dribbling / **Rugby** – Understanding the correct technique of safe tackling and the associated rules. **Girls: Football** – How to dribble, and time passing whilst on the move / **Netball** – the timing of the feint dodge.		
21/09/2026	**Boys: Basketball** - Understand the three different types of passing: bounce, chest, and overarm / **Rugby** – The importance of support in the game of rugby. **Girls: Football** – Why control and receiving on the move is important in a game / **Netball** – receiving the ball from the left and right with speed.		
28/09/2026	**Boys: Basketball** - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, F-follow through / **Rugby** – How to apply rucking to the game. **Girls: Football** – Different techniques used to shoot at goal by combining dribbling, turning and control / **Netball** – how to use an overhead pass and back dodge in netball.	**Watch High-Quality Performance:** Watch a live or recorded sporting performance. **Find out:** What skills did you notice? What made the performance successful? Identify one example of good decision-making.	
05/10/2026	**Boys: Basketball** – The technique of the lay-up / **Rugby** - How to apply the maul to the game. **Girls: Football** – How to keep possession, create space and maintain spatial awareness / **Netball** – what a toss-up is and how it is used in a netball game & shooting skill.		
12/10/2026	**Boys: Basketball** - Player positions / **Rugby** – Identify the player positions in the game. **Girls: Football** – **Identify** the key points of man to man marking / **Netball** – what an interception is and how it is used in a game situation.		
19/10/2026	**Assessment** – DDI Wave 1&2	**Challenge:** Explain how exercise can improve	**Activity 1 Assessment** – DDI Wave 1&2

		someone's everyday life.	
October Half Term			
02/11/2026	**Activity 2 (N.B. All Groups Rotate)** **Boys: Basketball -** The basic rules of basketball - understanding of the main five skills: passing, dribbling, jump stop, pivoting and shooting **/ Rugby -** Key teaching points of passing, possession & movement. **Girls: Football** – Key teaching points of passing and how to keep possession / **Netball** – understand how timing can affect possession in a game.		
09/11/2026	**Boys: Basketball** – How to perform the fundamental basketball skill of ball handling - dribbling **/ Rugby** – Understanding the correct technique of safe tackling. **Girls: Football** – How to dribble, and time passing whilst on the move / **Netball** – the timing of the feint dodge.	**Research a Sport – Rules:** Research your current sport. **Find out:** 3 important rules Why each rule is needed What happens if a player breaks each rule?	
16/11/2026	**Boys: Basketball** - Understand the three different types of passing: bounce, chest, and overarm **/ Rugby** – The importance of support in the game of rugby. **Girls: Football** – Why control and receiving on the move is important in a game / **Netball** – receiving the ball from the left and right with speed.		
23/11/2026	**Boys: Basketball** - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, F-follow through **/ Rugby** – How to apply rucking to the game. **Girls: Football** – Different techniques used to shoot at goal by combining dribbling, turning and control / **Netball** – how to use an overhead pass and back dodge in netball.		
30/11/2026	**Boys: Basketball** – The technique of the lay-up **/ Rugby** - How to apply the maul to the game. **Girls: Football** – How to keep possession, create space and maintain spatial awareness / **Netball** – what a toss-up is and how it is used in a netball game & shooting skill.	**Skill Analysis** Choose one skill from your current sport. **Find out:** What are the key stages of the skill?	
07/12/2026	**Boys: Basketball** - Player positions / **Rugby** – Identify the player positions in the game. **Girls: Football – Identify** the key points of man to man marking **/ Netball** – what an interception is and how it is used in a game situation.		
14/12/2026	**Assessment** – DDI Wave 1&2		**Activity 2 Assessment** – DDI Wave 1&2
Christmas Break			
04/01/2027	**Activity 3** **Boys: Football –** The key teaching points of passing in football and how to keep possession/ **Problem Solving** – Move it! **Girls: Problem Solving**		

	Trampolining - Safety Procedure-Bouncing Safely – Basic shapes		
11/01/2027	**Boys: Football –** How to dribble and time passing whilst on the move/ **Problem Solving –** Walking the Plank **Girls: Problem Solving** / **Trampolining** - Seat Drop/ Swivel Hips	**Fitness in Sport** Choose a sport and research the fitness components needed. **Find out:** Which 3 fitness components are most important? Why are they important?	**AR1**
18/01/2027	**Boys: Football –** Why control and receiving on the move is important in a game/ **Problem Solving –** Team Building Exercises **Girls: Problem Solving** / **Trampolining** - Front Drop (Include Half Twisting Moves)		**AR1**
25/01/2027	**Boys: Football –** Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ **Problem Solving –** Minefield **Girls: Problem Solving** / **Trampolining** - Back Drop (Include Half Twisting Moves)		
01/02/2027	**Boys: Football –** How to keep possession, creating space and maintain spatial awareness/ **Problem Solving –** Egg Drop **Girls: Problem Solving** Team Challenges **/ Trampolining** - 8-10 Bounce Routines		
08/02/2027	**Boys: Football –** Set Play **-** competitive play/ **Problem Solving –** A four-team 'Capture the Flag' type game **Girls: Problem Solving –** Team Challenges **/ Trampolining –** 'Show Week' – Observation Analysis – Identifying strengths and areas for improvement. **Assessment –** DDI Wave 1&2		**Activity 3 Assessment –** DDI Wave 1&2
February Half Term			
22/02/2027	**<u>Activity 4 (N.B. All Groups Rotate)</u>** **Boys: Football –** The key teaching points of passing in football and how to keep possession/ **Problem Solving –** Move it! **Girls: Problem Solving** **Trampolining** - Safety Procedure-Bouncing Safely – Basic shapes	**Problem Solving -** Research how **problem solving** is used in sport. Give 2 examples of problems an athlete might face.	
01/03/2027	**Boys: Football –** How to dribble and time passing whilst on the move/ **Problem Solving –** Walking the Plank **Girls: Problem Solving** / **Trampolining** - Seat Drop/ Swivel Hips		
08/03/2027	**Boys: Football –** Why control and receiving on the move is important in a game/ **Problem Solving –** Team Building Exercises **Girls: Problem Solving** / **Trampolining** - Front Drop (Include Half Twisting Moves)		
15/03/2027	**Boys: Football –** Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ **Problem Solving –** Minefield	Why is a balanced diet important?	

	Girls: Problem Solving / Trampolining - Back Drop (Include Half Twisting Moves)		
22/03/2027	**Boys: Football** – How to keep possession, creating space and maintain spatial awareness/ **Problem Solving** – Egg Drop **Girls: Problem Solving** Team Challenges / **Trampolining** - 8-10 Bounce Routines		
Easter Break			
12/04/2027	**Boys: Football** – Set Play - competitive play/ **Problem Solving** – A four-team 'Capture the Flag' type game **Girls: Problem Solving** – Team Challenges / **Trampolining** – 'Show Week' – Observation Analysis – Identifying strengths and areas for improvement. **Assessment** – DDI Wave 1&2		**Activity 4 Assessment** – DDI Wave 1&2
19/04/2027	**Activity 5** **Boys & Girls – Athletics -** How to work safely, whilst performing at maximum levels in Athletics EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/	Choose a famous athlete to research. **Challenge:** What makes this athlete successful?	
26/04/2027	**Boys – Athletics** - Track Events & Sprints/Sprint Starts/High Jump How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=Id4W6VA0uLc **Girls – Athletics** - Long Jump/ Middle Distance Events TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY		
03/05/2027	**Boys – Athletics** - Long Jump/Middle Distance Events TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY **Girls – Athletics** - Track Events & Sprints/Sprint Starts/High Jump		

	How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=Id4W6VA0uLc		
10/05/2027	**Boys – Athletics** - Discus/Hurdles YouTube Discus Throw for Beginners | Grip Release & Power https://www.youtube.com/watch?v=y9cb6pTFidY Model Technique Hurdling Technique & Drills - https://www.teachpe.com/sports-coaching/athletics/hurdles **Girls – Athletics** – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys	**Athlete Profile** – Research a famous athlete. What can you find out about their achievements, training, and career.	
17/05/2027	**Boys – Athletics** – Shot Put/Javelin Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ **Girls – Athletics** - Discus/Hurdles YouTube Discus Throw for Beginners | Grip Release & Power https://www.youtube.com/watch?v=y9cb6pTFidY Model Technique Hurdling Technique & Drills - https://www.teachpe.com/sports-coaching/athletics/hurdles		
24/05/2027	**Boys – Athletics** – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys **Girls – Athletics** – Shot Put/Javelin Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ **Assessment** – DDI Wave 1&2	**Personal Reflection** – Write about your own strengths in PE and set **two SMART goal** for improving your performance.	**Activity 5 Assessment** – DDI Wave 1&2
May Half Term			
07/06/2027	**Activity 6** **Boys – Cricket** – Fielding - Long Barrier & Chase Pick Up **https://www.youtube.com/watch?v=4DjueKrm3KU** **Girls – Rounders -** Fielding - Receiving A Low and High Ball		
14/06/2027	**Boys – Cricket** – Bowling Nets – Line & Length **https://www.youtube.com/watch?v=pbUCIMDRBto** **Girls – Rounders -** Bowling Techniques & Rules - Spin, Fast, Donkey Drop & No Balls **https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp**		**AR2**
21/06/2027	**Boys – Cricket** – Bowling - Line & Length (Leg spin & Off spin) **Girls – Rounders -** Fielding - Backwards Hit & Obstruction		**AR2**
28/06/2027	**Boys – Cricket** – Batting - Directional Batting Using the Straight Drive **https://www.youtube.com/watch?v=pbUCIMDRBto** **Girls – Rounders -** Fielding - Long Barrier & Recovery Run		

05/07/2027	**Boys – Cricket –** Batting - Defensive Shots **Front foot** - **https://www.youtube.com/watch?v=LKNVPtlwkBk** **Back foot** - **https://www.youtube.com/watch?v=g37lMGT8DsI** **Girls – Rounders -** Batting - Correct Grip & Stance	**Research a Sport** – Find out about 3 important rules, the equipment, basic skills and how you score or win in your chosen sport.	
12/07/2027	**Boys – Cricket –** Batting - Pull shot **https://www.youtube.com/watch?v=lxV8G8EJt7M** Rules, Regulations & Scoring Systems – Competitive Game Play **https://www.youtube.com/watch?v=wHEIT32ZEVs** **Girls – Rounders -** Batting - Directional Batting Tournament/Competitive Game Play Rounders **-** **https://www.youtube.com/watch?v=6GkIXr0hKaY**		