

YEAR 8ab PE CURRICULUM 2023-24

Week	Lesson	8ab/PE1	8ab/PE2	8ab/PE3	8ab/PE4	8ab/PE5	8ab/PE6
Knowledge Rich Curriculum: Immediate effects of exercise on the musculo-skeletal system							
1	Tues 1	Gymnastics (Ct)	Rugby (JBI)	Dance (Su)	Handball (JBx)	Basketball (PDn)	Rugby (JCa)
	Wed 2	Football (Bf)	Gymnastics (JBI)	Netball (Su)	Basketball (JBx)	Rugby (PDn)	OAA (JCa)
2	Tues 5	Gymnastics (Ct)	Rugby (JBI)	Dance (Su)	Handball (JBx)	Basketball (PDn)	Rugby (JCa)
	Fri 5	Football (Ct)	Gymnastics (JBI)	Netball (Su)	Basketball (JBx)	Rugby (ODn)	OAA (JCa)

OCTOBER ½ TERM HOLIDAY

Knowledge Rich Curriculum: Immediate effects of exercise on the cardio-respiratory system							
1	Tues 1	Netball (JBI)	Dance (Su)	Gymnastics (Ct)	Rugby (JBx)	Football (PDn)	Basketball (JCa)
	Wed 2	Basketball (Su)	Football (Bf)	Rugby (JBI)	Hockey (JBx)	Gymnastics (PDn)	Handball (JCa)
2	Tues 5	Netball (JBI)	Dance (Su)	Gymnastics (Ct)	Rugby (JBx)	Football (PDn)	Basketball (JCa)
	Fri 5	Basketball (Su)	Football (Ct)	Rugby (JBI)	Hockey (JBx)	Gymnastics (ODn)	Handball (JCa)

CHRISTMAS HOLIDAY

Knowledge Rich Curriculum: Exercise intensities and the effects on heart rate							
1	Tues 1	Dance (Su)	Netball (Ct)	Basketball (JBI)	Football (JBx)	Hockey (PDn)	Gymnastics (JCa)
	Wed 2	Rugby (JBI)	Basketball (Bf)	Football (Su)	Gymnastics (JBx)	Handball (PDn)	Hockey (JCa)
2	Tues 5	Dance (Su)	Netball (Ct)	Basketball (JBI)	Football (JBx)	Hockey (PDn)	Gymnastics (JCa)
	Fri 5	Rugby (JBI)	Basketball (Ct)	Football (Su)	Gymnastics (JBx)	Handball (ODn)	Hockey (JCa)

FEBRUARY ½ TERM HOLIDAY

YEAR 8ab PE CURRICULUM 2023-24

Week	Lesson	8ab/PE1	8ab/PE2	8ab/PE3	8ab/PE4	8ab/PE5	8ab/PE6
Knowledge Rich Curriculum: Fitness components and their practical application							
1	Tues 1	Fitness (JBI)	Hockey (Ct)	OAA (JBx)	Dance (Su)	OAA (PDn)	Fitness (JCa)
	Wed 2	Hockey (JBI)	Fitness (Bf)	Fitness (Su)	Fitness (JBx)	Fitness (PDn)	Football (JCa)
2	Tues 5	Fitness (JBI)	Hockey (Ct)	OAA (JBx)	Dance (Su)	OAA (PDn)	Fitness (JCa)
	Fri 5	Hockey (JBI)	Fitness (Ct)	Fitness (Su)	Fitness (JBx)	Fitness (ODn)	Football (JCa)

EASTER HOLIDAY

Knowledge Rich Curriculum: Fitness tests: method, purpose and results analysis							
1	Tues 1	Athletics (JBI)	Athletics (Ct)	Athletics (PDn)	Strike & Field (JBx)	Dance (Su)	Strike & Field (JCa)
	Wed 2	Strike & Field (JBI)	OAA (Bf)	Strike & Field (Su)	Athletics (JBx)	Athletics (PDn)	Athletics (JCa)
2	Tues 5	Athletics (JBI)	Athletics (Ct)	Athletics (PDn)	Strike & Field (JBx)	Dance (Su)	Strike & Field (JCa)
	Fri 5	Strike & Field (JBI)	OAA (Bf)	Strike & Field (Su)	Athletics (JBx)	Athletics (ODn)	Athletics (JCa)

MAY ½ TERM HOLIDAY

Knowledge Rich Curriculum: Methods of training and the practical application							
1	Tues 1	Athletics (JBI)	Athletics (Ct)	Athletics (JCa)	OAA (JBx)	Strike & Field (PDn)	Dance (Su)
	Wed 2	OAA (JBI)	Strike & Field (Bf)	Hockey (Su)	Athletics (JBx)	Athletics (PDn)	Athletics (JCa)
2	Tues 5	Athletics (JBI)	Athletics (Ct)	Athletics (JCa)	OAA (JBx)	Strike & Field (PDn)	Dance (Su)
	Fri 5	OAA (JBI)	Strike & Field (Ct)	Hockey (Su)	Athletics (JBx)	Athletics (ODn)	Athletics (JCa)

SUMMER HOLIDAY