

YEAR 8ab PE CURRICULUM 2024-25

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	Mon 1	Dance (DPo)	Basketball (LEv)	Football (Su)	Handball (JCa)	Gymnastics (JBx)	Rugby (PDn)
	Thurs 3	Netball (Su)	Rugby (Bf)	Gymnastics (LEv)	Basketball (JCa)	Football (JBx)	OAA (PDn)
	Fri 5	Netball (Su)	Rugby (Bf)	Gymnastics (LEv)	Basketball (JCa)	Football (JBx)	OAA (PDn)
2	Tues 1	Dance (DPo)	Basketball (LEv)	Football (Su)	Handball (JCa)	Gymnastics (JBx)	Rugby (PDn)

OCTOBER ½ TERM HOLIDAY

Knowledge Rich Curriculum: Immediate effects of exercise on the cardio-respiratory system							
1	Mon 1	Football (Su)	Dance (DPo)	Basketball (LEv)	Rugby (JCa)	Handball (JBx)	Gymnastics (PDn)
	Thurs 3	Gymnastics (Su)	Netball (LEv)	Rugby (Bf)	OAA (JCa)	Basketball (JBx)	Football (PDn)
	Fri 5	Gymnastics (Su)	Netball (LEv)	Rugby (Bf)	OAA (JCa)	Basketball (JBx)	Football (PDn)
2	Tues 1	Football (Su)	Dance (DPo)	Basketball (LEv)	Rugby (JCa)	Handball (JBx)	Gymnastics (PDn)

CHRISTMAS HOLIDAY

Knowledge Rich Curriculum: Exercise intensities and the effects on heart rate							
1	Mon 1	Basketball (Su)	Gymnastics (LEv)	Dance (DPo)	Football (JCa)	Rugby (JBx)	Handball (PDn)
	Thurs 3	Rugby (Bf)	Football (LEv)	Netball (Su)	Gymnastics (JCa)	OAA (JBx)	Basketball (PDn)
	Fri 5	Rugby (Bf)	Football (LEv)	Netball (Su)	Gymnastics (JCa)	OAA (JBx)	Basketball (PDn)
2	Tues 1	Basketball (Su)	Gymnastics (LEv)	Dance (DPo)	Football (JCa)	Rugby (JBx)	Handball (PDn)

FEBRUARY ½ TERM HOLIDAY

CONCEPT CURRICULUM – Personal Development

COMMUNICATION – Basketball

RESILIENCE – OAA

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Week	Lesson	8ab/PE1	8ab/PE2	8ab/PE3	8ab/PE4	8ab/PE5	8ab/PE6
Knowledge Rich Curriculum: Fitness components and their practical application							
1	Mon 1	Fitness (Su)	OAA (LEv)	OAA (JCa)	Dance (DPo)	Hockey (JBx)	Fitness (PDn)
	Thurs 3	OAA (Su)	Fitness (LEv)	Fitness (Bf)	Fitness (JCa)	Fitness (JBx)	Hockey (PDn)
	Fri 5	OAA (Su)	Fitness (LEv)	Fitness (Bf)	Fitness (JCa)	Fitness (JBx)	Hockey (PDn)
2	Tues 1	Fitness (Su)	OAA (LEv)	OAA (JCa)	Dance (DPo)	Hockey (JBx)	Fitness (PDn)

EASTER HOLIDAY

Knowledge Rich Curriculum: Fitness tests: method, purpose and results analysis							
1	Mon 1	Athletics (Su)	Athletics (LEv)	Athletics (JBx)	Hockey (JCa)	Dance (DPo)	Strike & Field (PDn)
	Thurs 3	Strike & Field (Su)	Hockey (LEv)	Strike & Field (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
	Fri 5	Strike & Field (Su)	Hockey (LEv)	Strike & Field (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
2	Tues 1	Athletics (Su)	Athletics (LEv)	Athletics (JBx)	Hockey (JCa)	Dance (DPo)	Strike & Field (PDn)

MAY ½ TERM HOLIDAY

Knowledge Rich Curriculum: Methods of training and the practical application							
1	Mon 1	Athletics (Su)	Athletics (LEv)	Hockey (PDn)	Strike & Field (JCa)	Strike & Field (JBx)	Dance (DPo)
	Thurs 3	Hockey (Su)	Strike & Field (LEv)	Athletics (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
	Fri 5	Hockey (JCa)	Strike & Field (LEv)	Athletics (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
2	Tues 1	Athletics (JCa)	Athletics (LEv)	Hockey (PDn)	Strike & Field (JCa)	Strike & Field (JBx)	Dance (DPo)

SUMMER HOLIDAY

CONCEPT CURRICULUM – Personal Development

EMOTIONAL INTELLIGENCE - Dance

INTRA-PERSONAL SKILLS – Strike & Field