



Year 8									
Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Activity 9	Age Related Expectations (ARE)
Football	Basketball/ Netball	Badminton	Sports Acro/Dance	HRE	Rugby	Cricket	Softball/ Rounders	Athletics	The consistency of performance of the 5 Core Skills and 2 Advanced skills: <ul style="list-style-type: none">ExceedingEmbeddedSecureDevelopingEmerging
What is the purpose of these units? Students are assessed on 9 activities across Year 8. The activities listed above are not necessarily taught in the order stated. Within these activities, students are assessed on 7 skills (5 core and 2 advanced) using ‘live assessment’ throughout the scheme of work.									
Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Ball controlPassingDribblingShootingTackling Advanced skill: <ul style="list-style-type: none">Dribbling – to beat opponent	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Stance and FootworkDribbling – Dominant/ DodgingPassing/ CatchingShooting/ Ball handling	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Short ServeLong ServeForehand DriveForehand High ClearForehand smash	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">BalanceJump/ CartwheelGestureTravel/ TransitionTurn Advanced skill: <ul style="list-style-type: none">Travel-	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Exercise safelyUnderstand heart rateUnderstand training programmesLocation of musclesShort/long	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Ball HandlingBeating an opponentScrum and line outTacklingReceiving a high ball	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">BattingBowling – ActionBowling – TrajectoryFielding – Stop, Catch, Pick Up, ThrowRunning	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Batting – grip and stanceBatting – running between bases/ back stopFielding – catching	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">Basic runningBasic jumpingBasic throwing Advanced skills: <ul style="list-style-type: none">Advanced track	



Parkside School Curriculum Map 2025/6

PE & Performing Arts: PE

<ul style="list-style-type: none">• Passing (non-dominant foot)	<ul style="list-style-type: none">• Marking <p>Advanced skill:</p> <ul style="list-style-type: none">• Dribbling Both Hands• Rebounding / Marking	<p>Advanced skill:</p> <ul style="list-style-type: none">• Backhand Drive• Footwork and court positioning	<p>Range of pathways</p> <ul style="list-style-type: none">• Turn & link• Split group balances	<p>timer effects of exercise</p> <p>Advanced skills:</p> <ul style="list-style-type: none">• Methods of training i.e. weight & continuous• Create a training programme	<p>Advanced skill:</p> <ul style="list-style-type: none">• Rucking• Tackle from rear	<p>between wickets</p> <p>Advanced skill:</p> <ul style="list-style-type: none">• Fielding - on the Move• Batting - defensive	<ul style="list-style-type: none">• Bowling <p>Advanced skill:</p> <ul style="list-style-type: none">• Fielding - catching at different heights and speeds• Fielding - awareness of base runners• Batting	<ul style="list-style-type: none">• Advanced jumping• Advanced throwing	
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