



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 control• Passing• Dribbling• Shooting• Tackling 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 Footwork• Dribbling - Dominant/ Dodging• Passing/ Catching	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Dribbling -• High Clear• Forehand smash	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Short• Serve• Long Serve• Forehand Drive• Forehand Transition• Turn	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Balance• Jump/ Cartwheel• Gesture• Travel/ Transition• Turn	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Understand heart rate• Understand training programmes• Location of muscles• Short/long	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Exercise safely• Understand heart rate• Understand training programmes• Location of muscles• Short/long	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Ball Handling• Beating an opponent• Scrum and line out• Tackling• Receiving a high ball	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Batting - grip and stance• Bowling - Action• Bowling - Trajectory• Fielding - Stop, Catch, Pick Up, Throw• Running	Overview of the knowledge and skills covered in this unit: Core skills: <ul style="list-style-type: none">• Basic running• Basic jumping• Basic throwing Advanced skills: <ul style="list-style-type: none">• Advanced track



Parkside School Curriculum Map 2025/6

PE & Performing Arts: PE

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