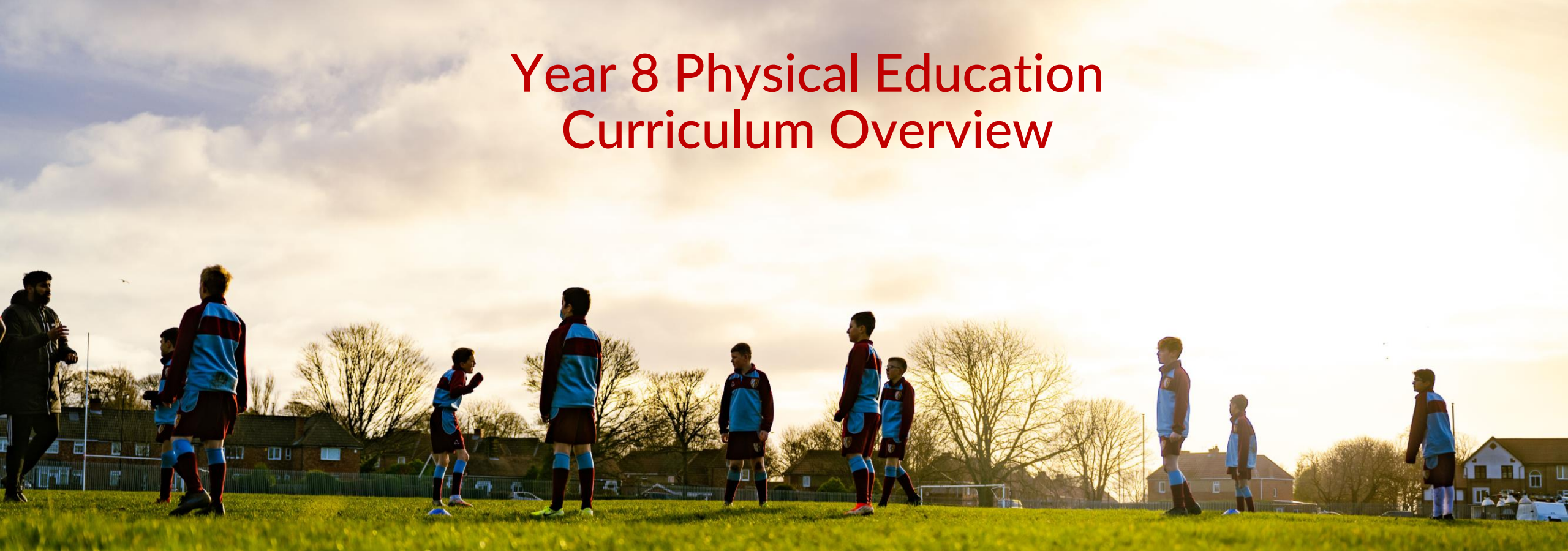


# Year 8 Physical Education Curriculum Overview



Michaelmas Term 1	Michaelmas Term 2	Epiphany Term 1	Epiphany Term 2	Easter Term 1	Easter Term 2
<p><b>Two term carousel of activities:</b> Rugby – Tackling, Rucking,            Football – 1v1 defending, Attacking overload            Health Related Fitness –Diet/nutrition,            components of fitness, training zones.            Basketball - Lay up, shooting, 1v1 defending</p>				<p><b>One term carousel of activities:</b>            Athletics – working towards our personal best. Cricket –bowling with approach ,            Fielding – ball moving towards/away,            batting – forward/backward defensive            Tennis –volley, smash, serve-back-scratch position</p>	