

## YEAR 8cd PE CURRICULUM 2024-25

Week	Lesson	8cd/PE1	8cd/PE2	8cd/PE3	8cdPE4	8cdPE5	8cd/PE6
<b>Knowledge Rich Curriculum: Immediate effects of exercise on the musculo-skeletal system</b>							
1	<b>Thurs 1</b>	Netball (Su)	Rugby (Bf)	Gymnastics (LEv)	Basketball (JCa)	Football (JBx)	OAA (PDn)
	<b>Fri 4</b>	Netball (Su)	Rugby (MGd)	Gymnastics (LEv)	Basketball (JCa)	Football (JBx)	OAA (ODn)
2	<b>Tues 2</b>	Dance (DPo)	Basketball (LEv)	Football (Su)	Handball (JCa)	Gymnastics (JBx)	Rugby (PDn)
	<b>Wed 3</b>	Dance (DPo)	Basketball (LEv)	Football (Su)	Handball (JCa)	Gymnastics (JBx)	Rugby (PDn)

### OCTOBER ½ TERM HOLIDAY

<b>Knowledge Rich Curriculum: Immediate effects of exercise on the cardio-respiratory system</b>							
1	<b>Thurs 1</b>	Gymnastics (Su)	Netball (LEv)	Rugby (Bf)	OAA (JCa)	Basketball (JBx)	Football (PDn)
	<b>Fri 4</b>	Gymnastics (Su)	Netball (LEv)	Rugby (MGd)	OAA (JCa)	Basketball (JBx)	Football (ODn)
2	<b>Tues 2</b>	Football (Su)	Dance (DPo)	Basketball (LEv)	Rugby (JCa)	Handball (JBx)	Gymnastics (PDn)
	<b>Wed 3</b>	Football (Su)	Dance (DPo)	Basketball (LEv)	Rugby (JCa)	Handball (JBx)	Gymnastics (PDn)

### CHRISTMAS HOLIDAY

<b>Knowledge Rich Curriculum: Exercise intensities and the effects on heart rate</b>							
1	<b>Thurs 1</b>	Rugby (Bf)	Football (LEv)	Netball (Su)	Gymnastics (JCa)	OAA (JBx)	Basketball (PDn)
	<b>Fri 4</b>	Rugby (MGd)	Football (LEv)	Netball (Su)	Gymnastics (JCa)	OAA (JBx)	Basketball (ODn)
2	<b>Tues 2</b>	Basketball (Su)	Gymnastics (LEv)	Dance (DPo)	Football (JCa)	Rugby (JBx)	Handball (PDn)
	<b>Wed 3</b>	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	8cd/PE1	8cd/PE2	8cd/PE3	8cd/PE4	8cd/PE5	8cd/PE6
<b>Knowledge Rich Curriculum: Fitness components and their practical application</b>							
1	Thurs 1	OAA (Su)	Fitness (LEv)	Fitness (Bf)	Fitness (JCa)	Fitness (JBx)	Hockey (PDn)
	Fri 4	OAA (Su)	Fitness (LEv)	Fitness (MGd)	Fitness (JCa)	Fitness (JBx)	Hockey (ODn)
2	Tues 2	Fitness (Su)	OAA (LEv)	OAA (JCa)	Dance (DPo)	Hockey (JBx)	Fitness (PDn)
	Wed 3	Fitness (Su)	OAA (LEv)	OAA (JCa)	Dance (DPo)	Hockey (JBx)	Fitness (PDn)

### EASTER HOLIDAY

<b>Knowledge Rich Curriculum: Fitness tests: method, purpose and results analysis</b>							
1	Thurs 1	Strike & Field (Su)	Hockey (LEv)	Strike & Field (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
	Fri 4	Strike & Field (Su)	Hockey (LEv)	Strike & Field (MGd)	Athletics (JCa)	Athletics (JBx)	Athletics (ODn)
2	Tues 2	Athletics (Su)	Athletics (LEv)	Athletics (JBx)	Hockey (JCa)	Dance (DPo)	Strike & Field (PDn)
	Wed 3	Athletics (Su)	Athletics (LEv)	Athletics (JBx)	Hockey (JCa)	Dance (DPo)	Strike & Field (PDn)

### MAY ½ TERM HOLIDAY

<b>Knowledge Rich Curriculum: Methods of training and the practical application</b>							
1	Thurs 1	Hockey (JCa)	Strike & Field (LEv)	Athletics (Bf)	Athletics (JCa)	Athletics (JBx)	Athletics (PDn)
	Fri 4	Hockey (Su)	Strike & Field (LEv)	Athletics (MGd)	Athletics (JCa)	Athletics (JBx)	Athletics (ODn)
2	Tues 2	Athletics (JCa)	Athletics (LEv)	Hockey (PDn)	Strike & Field (JCa)	Strike & Field (JBx)	Dance (DPo)
	Wed 3	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