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| YEAR 8 MODULE 1TERM 1 | YEAR 8 MODULE 2TERM 2 | YEAR 8 MODULE 3TERM 3 |
| Team Sports | Individual Sports | Fitness and healthy lifestyles |
| MODULE 1 ASSESSMENT | MODULE 2 ASSESSMENT | MODULE 3 ASSESSMENT |
| Peer and self-assessments, RAG ratings for I can statements for team sports. | Peer and self-assessments, RAG ratings for I can statements for individual sports. | Peer and self-assessments, RAG ratings for I can statements for fitness training. |
| * Basketball
* Netball
* Football
* Rounders
* Rugby
* Hockey
* Softball
* Tackling
* Dodgeball
* Benchball
* Cricket
 | * Trampolining
* Gymnastics/movement
* Athletics
* Badminton
* Tennis
* Cross Country
* Fitness
 | * Circuit training
* Fartlek training
* Continuous training
* Interval training
* Progressive overload
* Heart rates and recovery rates
* Sport specific warm up and cool downs
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**YEAR 8 FOR USE IN 2020-2021**