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| YEAR 8 MODULE 1  TERM 1 | YEAR 8 MODULE 2  TERM 2 | YEAR 8 MODULE 3  TERM 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 |

**YEAR 8 FOR USE IN 2020-2021**