



ASFA PE Learning Journey Map



Year 8

SKILLS DEVELOPED

Year 8 Survival Top Tips	
Tip 1	Aim for places on school sports teams
Tip 2	Remember your kit
Tip 3	Embrace the teams you have been placed in
Tip 4	Put your all into every practice
Tip 5	Always aim to be the best

Athletics/Rounders or Softball

- Focus on skills within athletics, rounders or cricket disciplines
- Sports day

Move on to Year 9
Summer Holidays
Next Level

Athletics/Rounders or Softball

- What disciplines exist in athletics
- How to hit a ball with a rounder's or softball bat
- Watch professionals play the sports you are interested in either live or on TV
- Movement Linked to Everlearner

Rugby/Girls Football

- Learn Basic rules in Rugby/football e.g. how to dodge
- Fundamental Skills of Rugby and Football
- Effects of exercise linked to Everlearner

Fitness/Dance

- Dance Routines
- Improve wellbeing take part in fitness activities
- Fitness testing
- Start to learn Dance skills
- Training linked to Everlearner

Basketball/Gymnastics

- Start to learn gymnastic skills
- Performing routines
- Look at developing team games
- Making space in team games
- Injuries Linked to Everlearner

Football/Netball

- Inter house sports
- Join new/existing extra curricular clubs
- Focus on skills and gameplay
- Sport Psychology Linked to Everlearner

CURRICULUM OVERVIEW

VISION ACROSS PHYSICAL EDUCATION

- 1) Developing confidence
- 2) Improve physical abilities
- 3) Developing skills
- 4) Imbedding knowledge
- 5) Broadening sporting experiences
- 6) Participation
- 7) Engagement
- 8) Competition



welcome



CURRICULUM OVERVIEW