



St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience
through Prayer and Work*

PE Department Curriculum Guide

Year 8

Curriculum-Skills and tactics

Half-Term	Sports covered
Autumn 1	Football and Volleyball
Autumn 2	Netball and Basketball
Spring 1	Rugby and Table tennis
Spring 2	Handball and Health & Fitness
Summer 1	Athletics and Rounders
Summer 2	Cricket and Tennis

At Key Stage 3 pupils have 4 lessons across a fortnight (2 lessons of each sport a fortnight). From year 8 upwards, pupils are taught in single sex groups.

Assessment & Homework

In Key Stage 3 pupils are assessed in all sports covered throughout the year and these levels are uploaded onto Arbor for pupils and parents to access. We then use these to create our assessment point data throughout the year.

We ask pupils as homework to make sure that they know the level that they achieved in each sport, by looking on Arbor at the end of each half term. We also encourage pupils to watch the sport that they are currently covering in lessons, either on TV or Youtube clips online. This helps to build their knowledge and understanding of the sport which can then be transferred into lessons.

Extra and Super Curricular Opportunities

Throughout the year there are a variety of extra-curricular activities available through the Physical Education department. These clubs are held at lunchtime and after school and the school is fully involved in many competitions against other schools. Please refer to the Extra-curricular timetable that is sent out each term throughout the year.