

Year 8 Long Term Scheme of Learning 2025-26

Subject: PE

HELSBY

High School



Date	Exams/ Assess	Year 8 DEVELOPMENT OF FUNDAMENTAL SKILLS AND PRINCIPLES		
1/9/25				
8/9/25		Boys Group	Girls Group	Mixed Group
15/9/25		Football	Netball	Badminton
22/9/25		Health & Fitness	Badminton	Netball
29/9/25				
6/10/25				
13/10/25				
20/10/25				
3/11/25				
10/11/25		Boys Group	Girls Group	Mixed Group
17/11/25		Basketball	Football	Health & fitness
24/11/25		Running activities	Health & fitness	Tag Rugby
1/12/25				
8/12/25				
15/12/25				
5/1/26				
12/1/26		Boys Group	Girls Group	Mixed Group
19/1/26		Tag Rugby	Basketball	Dodgeball
26/1/26		Dodgeball	Tag Rugby	Football
2/2/26				
9/2/26				
23/2/26				
2/3/26		Boys Group	Girls Group	Mixed Group
9/3/26		Track Athletics	Dance	Basketball
16/3/26		Badminton	Track Athletics	Dance
23/3/26				
30/3/26				
20/4/26				
27/4/26		Boys Group	Girls Group	Mixed Group
4/5/26		Field Athletics	Rounders	Tennis
11/5/26		Tennis	Field Athletics	Rounders
18/5/26				
1/6/26				
8/6/26				
15/6/26		Boys Group	Girls Group	Mixed Group
22/6/26		Inter-form activities	Inter-form activities	Inter-form activities
29/6/26		Cricket	Tennis	Track & Field Athletics
6/7/26				
13/7/26				

Invasion Games (football, basketball, netball, tag rugby)

Students will become increasingly aware of how simple tactics can be applied to activities. They will learn to apply basic principles of attack (penetration, support, width, mobility, and creativity) and

defense (pressure, delay, depth, compactness, patience and predictability). They will be taught to communicate and collaborate with increasing confidence whilst taking part in activities and apply their fundamental movement skills including passing and receiving, footwork, moving with the ball, tackling/intercepting/guarding and shooting/scoring.

Net/wall games (badminton, tennis, dodgeball)

Students will become increasingly aware of how simple tactics of consistency (positioning, footwork, skill mechanics, accuracy), attack (shot placement, communication, shot selection, shot location), and defense (recovery, formations, shot return) can be applied to activities. They will apply their fundamental movement skills in activities including grip, serving, overhead and underarm shots, net play and smash shots.

Striking and fielding games (cricket, rounders)

Students will become increasingly aware of how simple tactics of how to score runs (accurately hit the ball, avoid getting out) and how to stop the opposition scoring runs (making hitting difficult, get the batter out) can be applied to activities. They will learn to communicate and collaborate with increasing confidence whilst taking part in activities and apply their fundamental movement skills including the batting skills of grip, stance and footwork, bowling skills of grip, delivery and follow through, and fielding skills of stopping and returning, and catching.

Health & Fitness & Running activities

Students will be taught to exercise safely and effectively to improve health and wellbeing and an increasing awareness about why it is important to exercise regularly and live a healthy lifestyle. They will experience a variety of methods of training including circuit, HITT, interval, continuous and fartlek. They will be introduced to the components of fitness including cardiovascular fitness, strength, muscular endurance and learn to plan their own and others training using the principles of training including specificity, progressive overload, FITT and thresholds of training.

Athletics

Students will be taught to apply their fundamental movement skills in relation to running (starts, posture, pacing, leg and arm action, coordination of legs and arms and stride pattern), jumping (run-up, take-off, flight and landing) and throwing (grip, preparation, movement and release), and how to apply these skills in both track and field events becoming increasingly competent and confident.

Dance

In dance students will be taught to perform dances using dance techniques including travel, balance, turning, jumps and motifs in order to explore ideas, concepts and emotions with increasing competence and confidence.

All activities

In all activities students will be given the opportunity to compare performances and recognise a good performance. Using this

information they will make suggestions of how to improve their own and others' performance. They will learn to show confidence in some situations when leading small groups, develop confidence and interest in a range of physical activities and an awareness about why it is important to exercise regularly and live a healthy lifestyle.