

YEAR
8

Year 8 –
Developments within performance,
learning and knowledge &
understanding



Reflect on the
year and set
self targets for
the year to
come ahead



Learning Journey Key

Theory

T1-T6 Terms

Test



T6 – Theory Catch Up and retrieval



Year 7 Theory -
Skeletal System
Muscular System
Cardiovascular System
Respiratory System
Components of fitness



T6 – Striking & Fielding: Rounders, Cricket, Softball and Stoolball

T6



T5 – Athletics: Track & Field

T5



Theory – Components of Fitness

Name the health and skill components of fitness and be able to give a definition and sports example



T4

T4 – Fitness, Net Games, Gymnastics



Theory – Respiratory System
Draw and label the lungs and know components of the respiratory system



T3 – Fitness, Net Games, Gymnastics

T3



Theory – Cardiovascular System
Draw and label the heart and know the components of the cardiovascular system



T2

T2 – Invasion Games : Football, Netball, Basketball

T2 – Aesthetics: Trampolining



Theory – Muscular System
Name the muscles in the body and the types of muscles



Induction:
PE

Assessment in lessons
Standards and protocols
outlined

T1 – Invasion Games : Football, Netball, Basketball

T1 – Aesthetics: Trampolining

T1



Theory – Skeletal System

Name bones in body and types of bone



YEAR
7