

Year 8 have 1 lesson a week

Term	Units of Study/Scheme of work	Key homework and assessments
Autumn	8C/R Half a term of Netball 8M/T Half a term of Trampolining Second half of the term 8C/R Fitness 8M/T Handball	n/a
Spring	ALL Outwitting Opponents (through handball, tag rugby, basketball and ultimate Frisbee)	n/a
Summer	All Half-term 8C/R Netball then Trampolining Half term 8M/T Fitness then Netball	n/a
How can we help at home?	Encouraging pupils to get involved with the extra-curricular programme within the school. The more pupils can practice physical skills, the better their progress and general fitness level. Clubs are offered before, at lunch and after school every day of the week. Also encourage pupils to get involved with sport and physical activity within their local area.	