

Year 8 - Physical Education

Autumn	September				October				November				December					
	05-Sep	12-Sep	19-Sep	26-Sep	03-Oct	10-Oct	17-Oct	24-Oct	31-Oct	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	26-Dec	
Unit	INSET week	ASPIRE Week	Leadership & Preparing for physical activity				Departmental Assessment	Half Term	Review Week	Components of Fitness				Vocabulary Assessment	Christmas			
19-Dec																	Wk 17	Wk 18

Spring	January				February				March				April	
	02-Jan	09-Jan	16-Jan	23-Jan	30-Jan	06-Feb	13-Feb	20-Feb	27-Feb	06-Mar	13-Mar	20-Mar	27-Mar	04-Apr
Unit	GAP	Exercise Intensities				Departmental Assessment	Half Term	Review Week	Muscular contractions				Easter	

Summer	April		May				June				July				
	17-Apr	24-Apr	01-May	08-May	15-May	22-May	29-May	05-Jun	12-Jun	19-Jun	26-Jun	03-Jul	10-Jul	17-Jul	25-Jul
Unit	Muscular contractions		Vocabulary Assessment	Sports Analysis & Target setting			Half Term	Sports Analysis & Target setting		Departmental Assessment	Review Week	Project week			End of Year