

Year 8 Programme of Study 2022-23

FT	Unit 1	Unit 2	Unit 3	IA	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8	Unit 9
Wb: 05/08/22	Wb: 12/08/22	Wb: 10/10/22	Wb: 14/11/22	Wb: 05/01/23	Wb: 09/01/23	Wb: 06/02/23	Wb: 13/03/23	Wb: 24/04/23	Wb: 22/05/23	Wb: 26/06/23

8X

	LESSONS	ASPIRE HL/EW	ACHIEVE LO/AS	ACTIVE JF	ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>		
1	8	Netball	Football (AGP)	Basketball	HANDS	HEAD
2	8	Volleyball / Badminton	Orienteering	Football (AGP)	HANDS	HEART
3	8	Football (AGP) JF	Basketball	Netball HL/EW	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
4	8	Gymnastics	Healthy Active Lifestyles JF/AS	Rugby (AGP)LO/JF	HANDS	HEART
5	8	Rugby (AGP)JF	Gymnastics / Parkour	Healthy Active Lifestyles HL/EW	HANDS	HEAD
6	8	Dance (Charleston)	Rugby (AGP) LO/JF	Gymnastics / Parkour JF/AS	HANDS	HEART
7	8	Athletics	Tennis	Athletics	HANDS	HEAD
8	8	Tennis	Athletics	Rounders/Cricket (AGP)	HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)	Tennis	HANDS	HEAD

8Y

	LESSONS	ASPIRE AS	ACHIEVE LO		ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>			
1	8	Netball	Football (AGP)		HANDS	HEAD
2	8	Volleyball / Badminton	Orienteering		HANDS	HEART
3	8	Football (AGP) LO	Volleyball / Badminton AS		HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>			
4	8	Gymnastics	Healthy Active Lifestyles		HANDS	HEART
5	8	Rugby (AGP)LO	Gymnastics / Parkour AS		HANDS	HEAD
6	8	Dance (Charleston)	Rugby (AGP)		HANDS	HEART
7	8	Athletics	Tennis		HANDS	HEAD
8	8	Tennis	Athletics		HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)		HANDS	HEAD