



Subject: PE Yr8—content may be in a different order

AUTUMN TERM	
September - October	Content:
	Methods of Training
	<i>Further methods of training to develop fitness for sport</i>
November - December	Content:
	Gymnastics
	<i>Developing individual floor and apparatus skills within a routine</i>
SPRING TERM	
January – Early February	Content:
	CrossFit
	<i>Introduction to Olympic Weightlifting movements</i>
Late February - March	Content:
	Diversity Olympics
	<i>Developing performance in a range of athletic events</i>
SUMMER TERM	
April - May	Content:
	Functional Me
	<i>Introduction to fitness movements to support everyday tasks</i>
June - July	Content:
	Cricket and Baseball
ADDITIONAL NOTES	
Date	Content