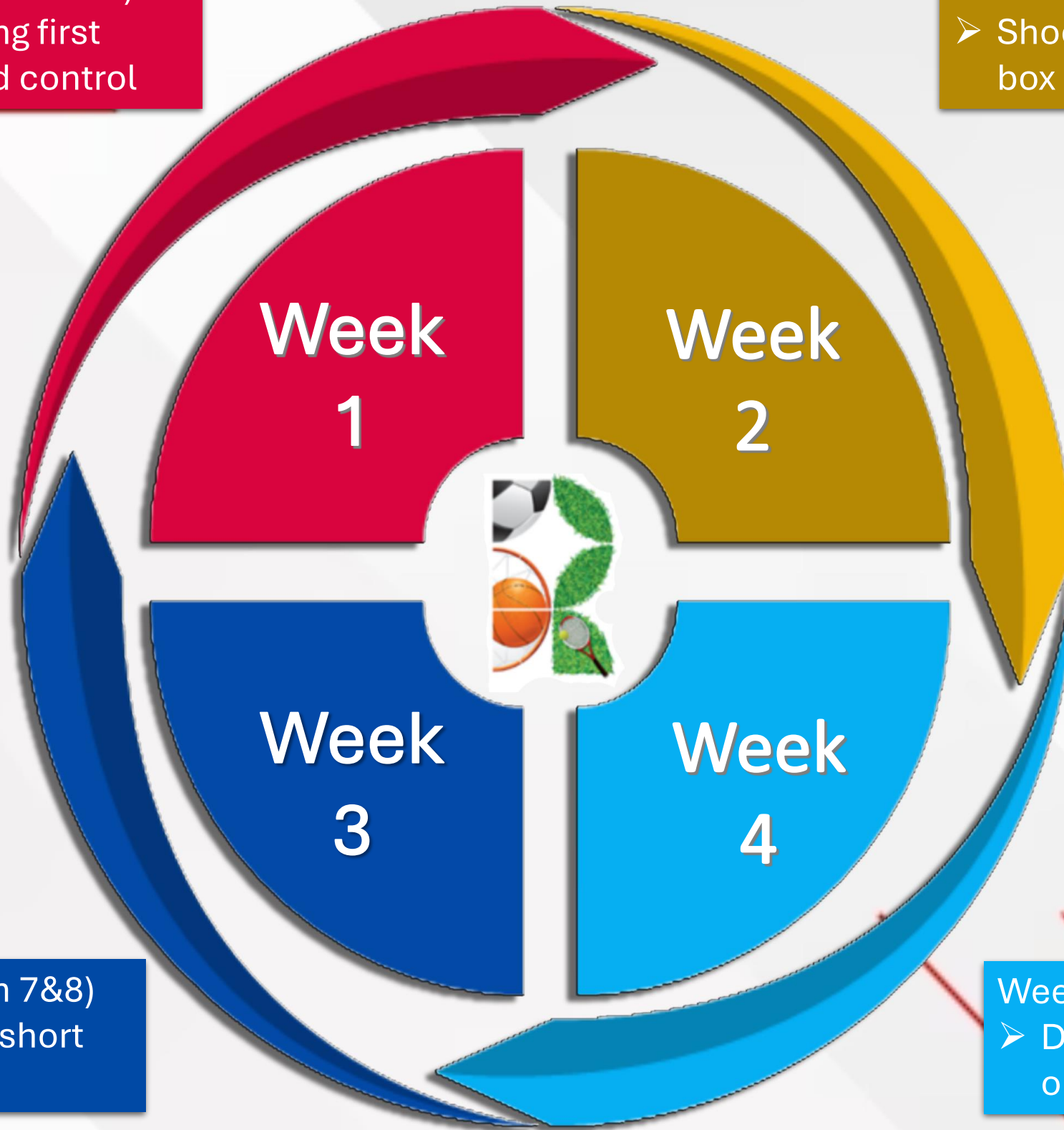


Week 1 (lesson 1&2)

- Developing first touch and control

Week 2 (lesson 3&4)

- Shooting inside the box



Week 4 (lesson 7&8)

- Penetrative short passing

Week 3 (lesson 5&6)

- Dribbling to outwit opponents

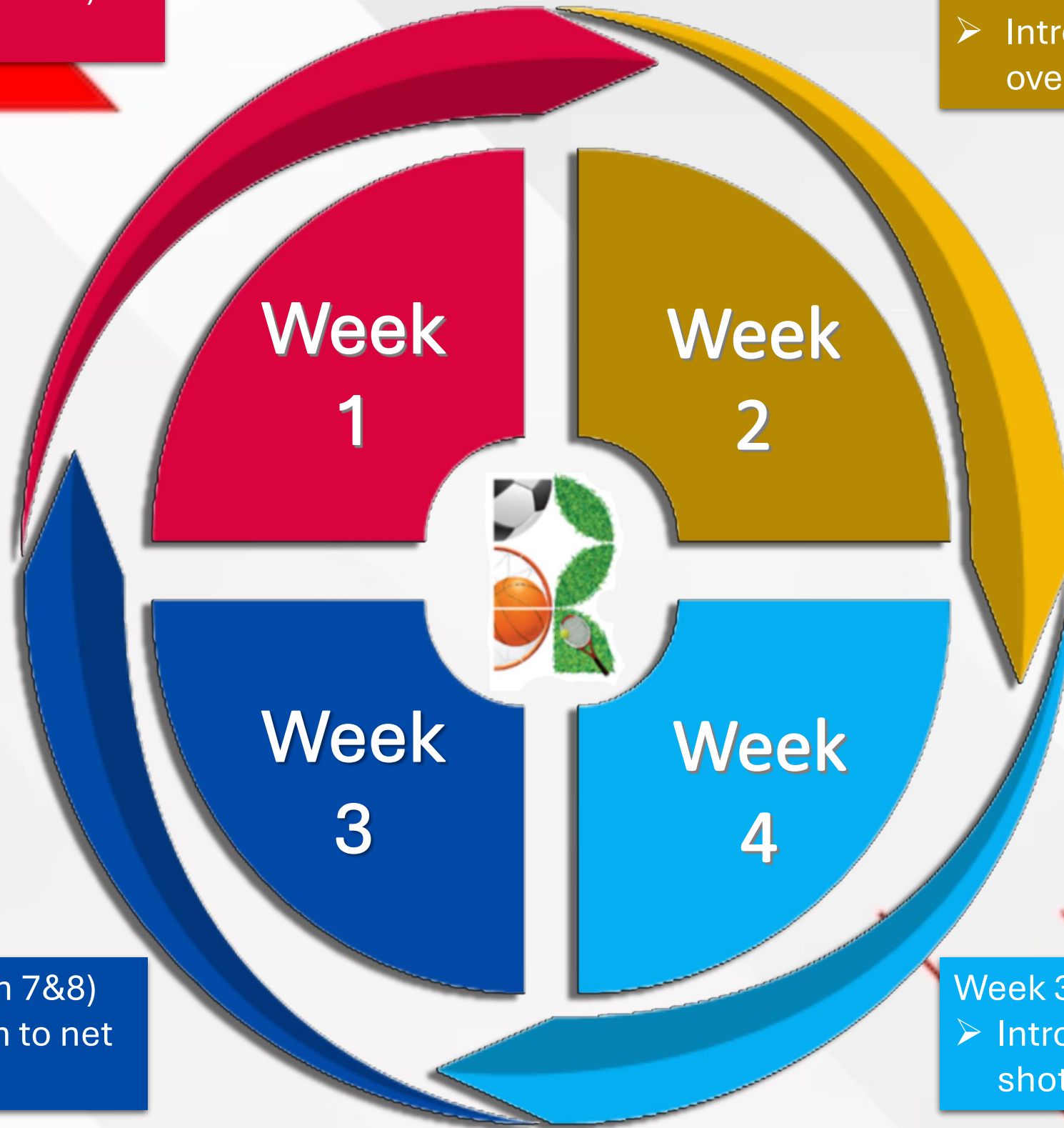
# Year 8 Football Journey

Week 1 (lesson 1&2)

➤ High serve

Week 2 (lesson 3&4)

➤ Introduction to overhead clear



Week 4 (lesson 7&8)

➤ Introduction to net play

Week 3 (lesson 5&6)

➤ Introduction to drop shot

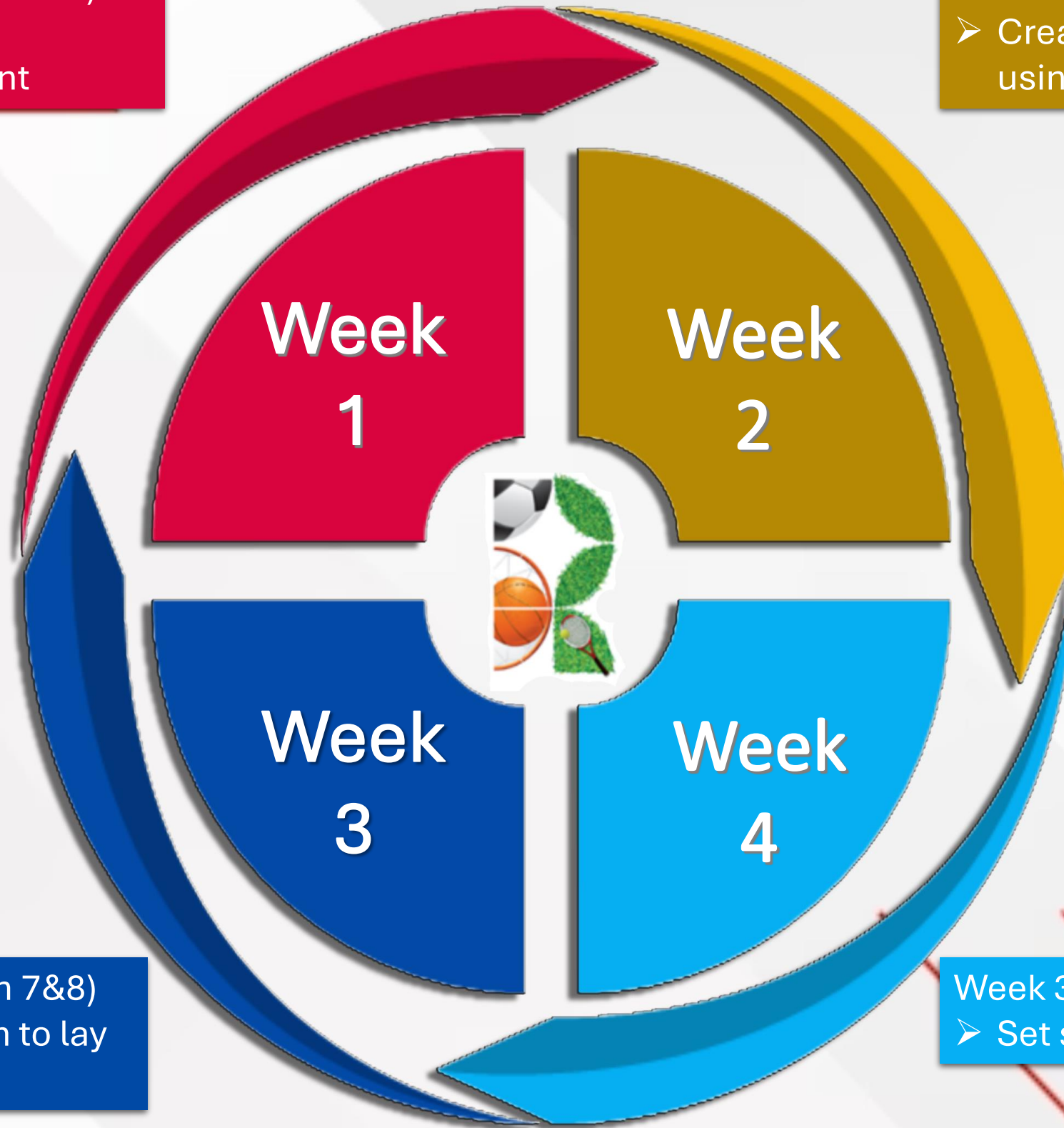
# Year 8 Badminton Journey

Week 1 (lesson 1&2)

- Dribbling Development

Week 2 (lesson 3&4)

- Creating space using 'cut' actions



Week 4 (lesson 7&8)

- Introduction to lay up

Week 3 (lesson 5&6)

- Set shot

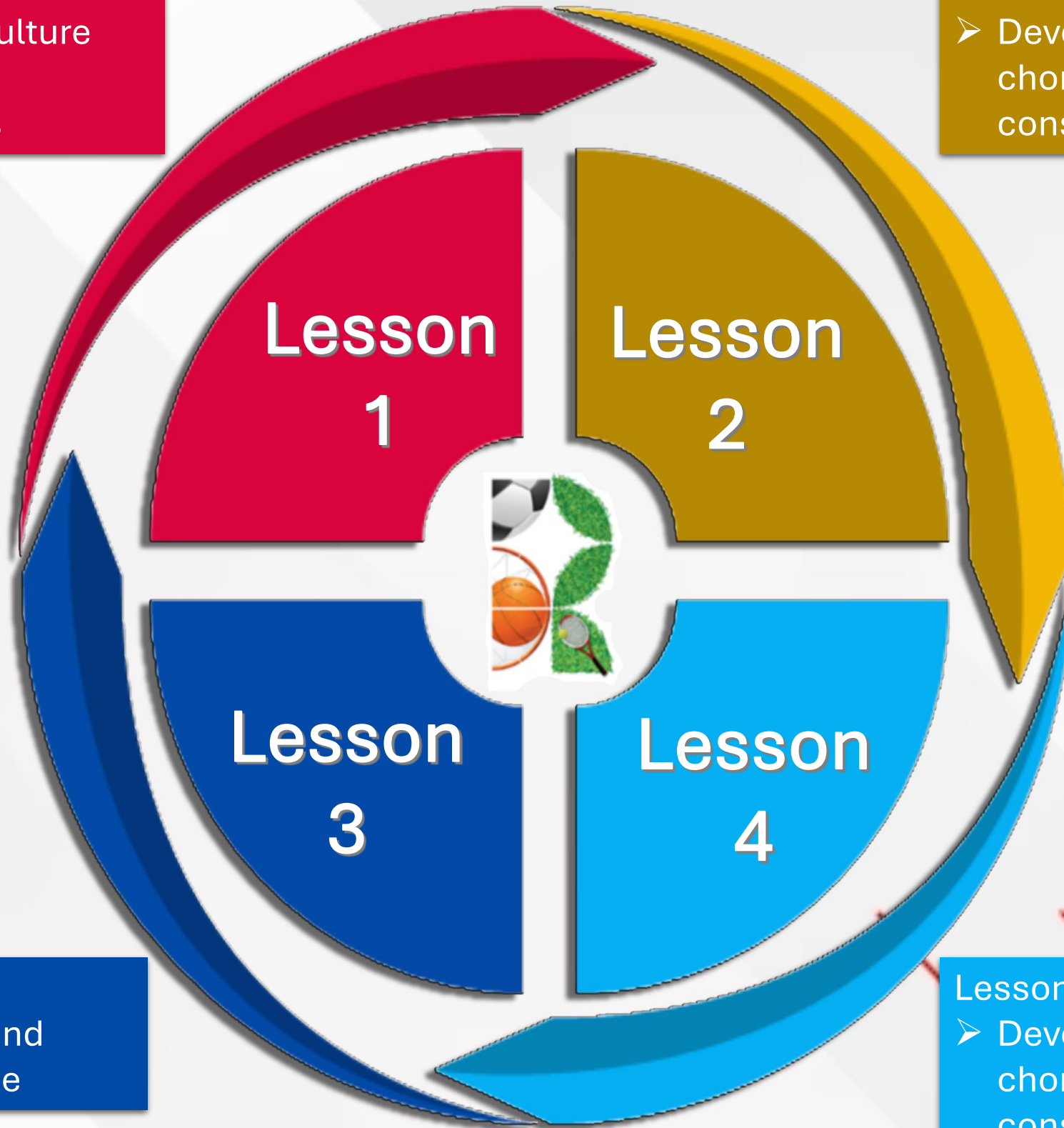
# Year 8 Basketball Journey

### Lesson 1

- Exploring Culture and action movements

### Lesson 2

- Developing choreography to consider relationships



### Lesson 4

- Rehearsal and performance

### Lesson 3

- Developing choreography to consider space and dynamics

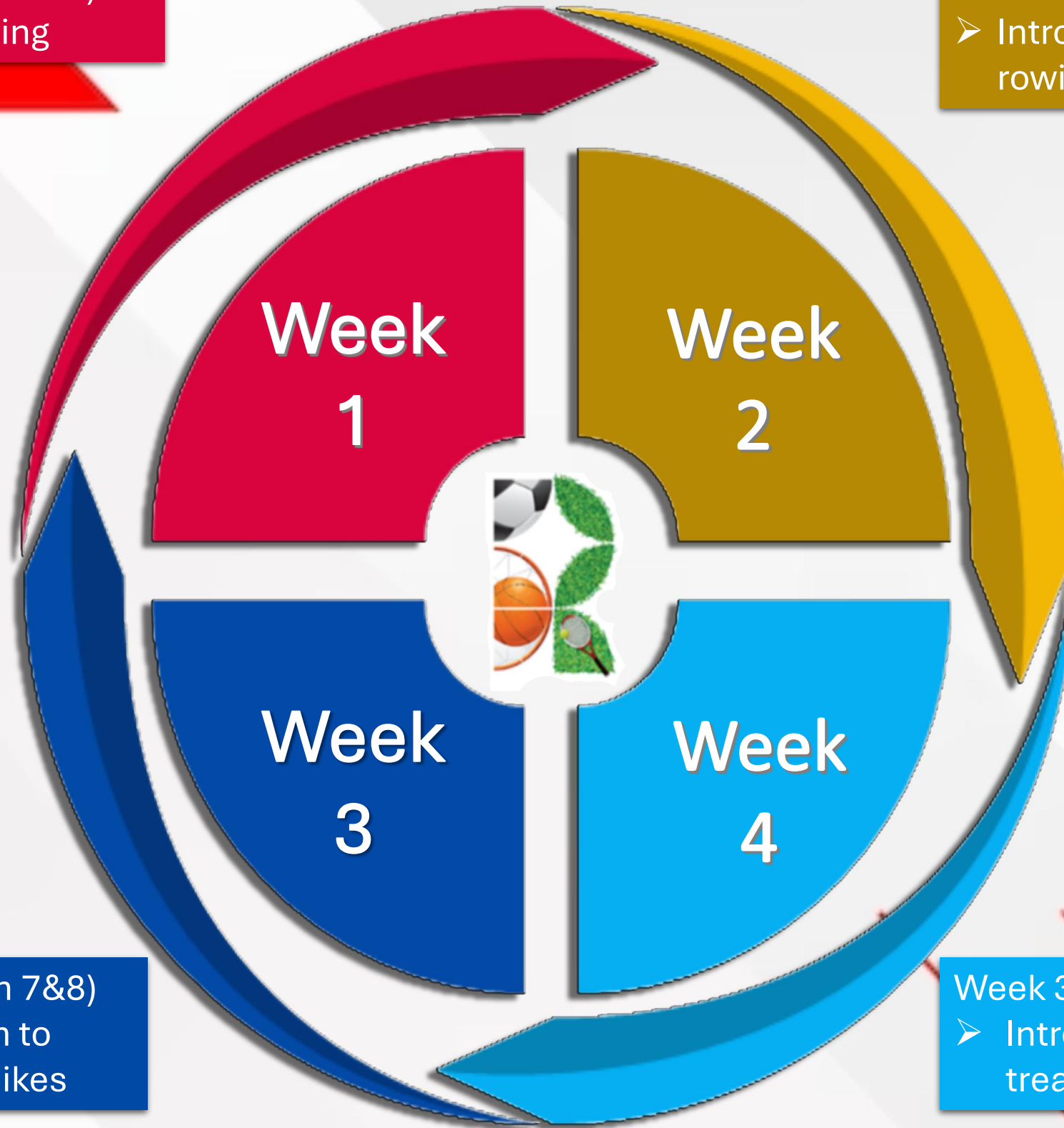
# Year 8 Dance Journey

Week 1 (lesson 1&2)

➤ Circuit training

Week 2 (lesson 3&4)

➤ Introduction to rowing machines



Week 4 (lesson 7&8)

➤ Introduction to stationary bikes

Week 3 (lesson 5&6)

➤ Introduction to treadmills

# Year 8 HRF Journey

Lesson 1

➤ Individual Balances

Lesson 2

➤ Rotations



Lesson 4

➤ Rehearsal and performance

Lesson 3

➤ Linking rotations and partner balances

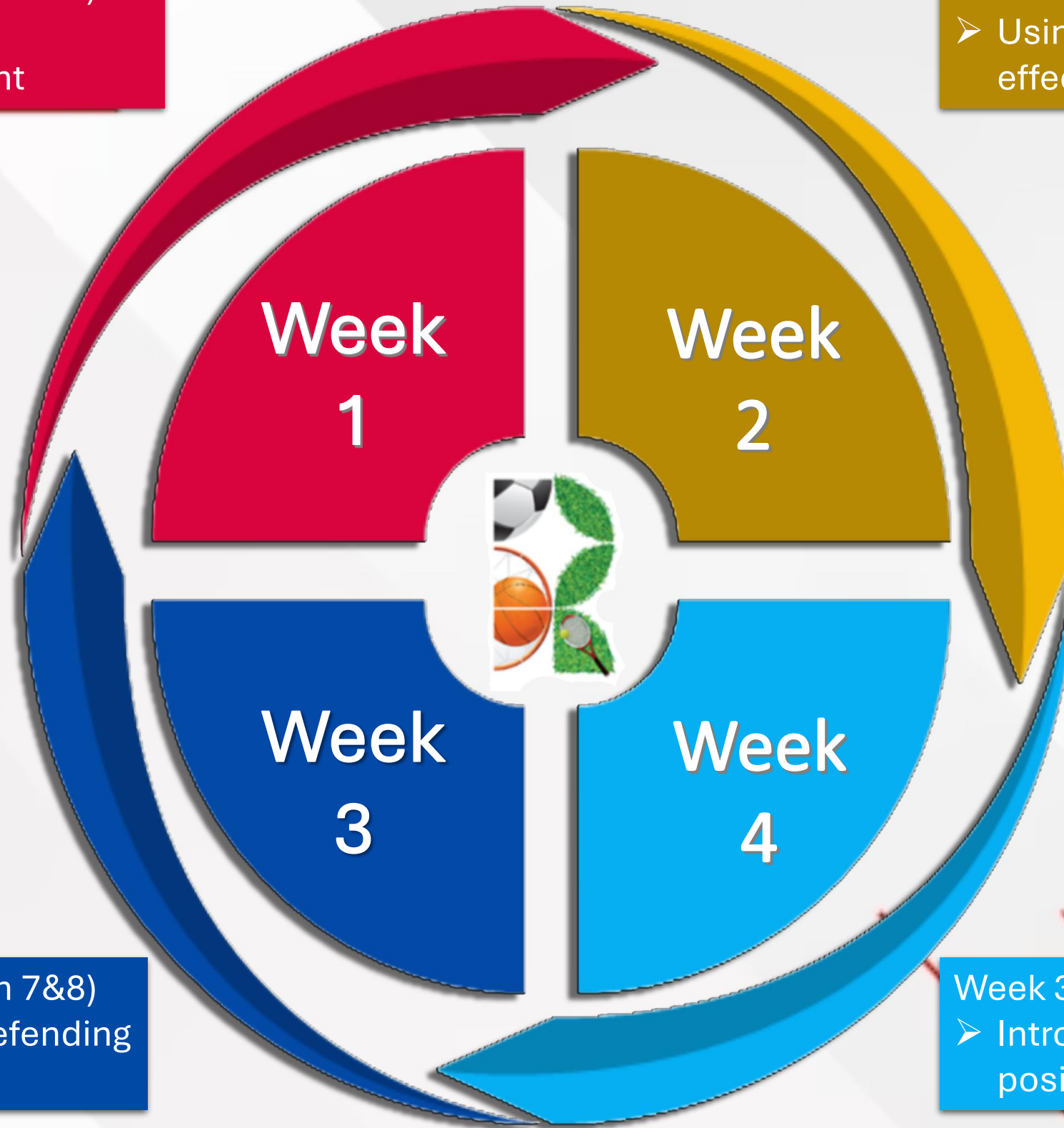
# Year 8 Gymnastics Journey

Week 1 (lesson 1&2)

- Passing development

Week 2 (lesson 3&4)

- Using dodging skills effectively



Week 4 (lesson 7&8)

- Stages of defending in netball

Week 3 (lesson 5&6)

- Introduction to positions and roles

# Year 8 Netball Journey

Week 1 (lesson 1&2)

- Introduction to map reading and legends

Week 2 (lesson 3&4)

- Line event



Week 4 (lesson 7&8)

- Timed line and star events

Week 3 (lesson 5&6)

- Star event

# Year 8 Orienteering Journey

Week 1 (lesson 1&2)

➤ Fielding development

Week 2 (lesson 3&4)

➤ Positional roles



Week 4 (lesson 7&8)

➤ Batting development

Week 3 (lesson 5&6)

➤ Bowling development

# Year 8 Rounders Journey

Week 1 (lesson 1&2)

➤ Fielding & Catching skills

Week 2 (lesson 3&4)

➤ Bowling development



Week 4 (lesson 7&8)

➤ Field set ups and tactics

Week 3 (lesson 5&6)

➤ Batting development

# Year 8 Cricket Journey

Week 1 (lesson 1&2)

➤ Backhand drive

Week 2 (lesson 3&4)

➤ Chop stroke



Week 4 (lesson 7&8)

➤ Offensive smash stroke

Week 3 (lesson 5&6)

➤ Forehand development

# Year 8 Table tennis Journey

Lesson 1  
➤ 100m

Lesson 6  
➤ Discus

Lesson 5  
➤ Javelin



Lesson 2  
➤ 800m

Lesson 3  
➤ Long jump

Lesson 4  
➤ High jump

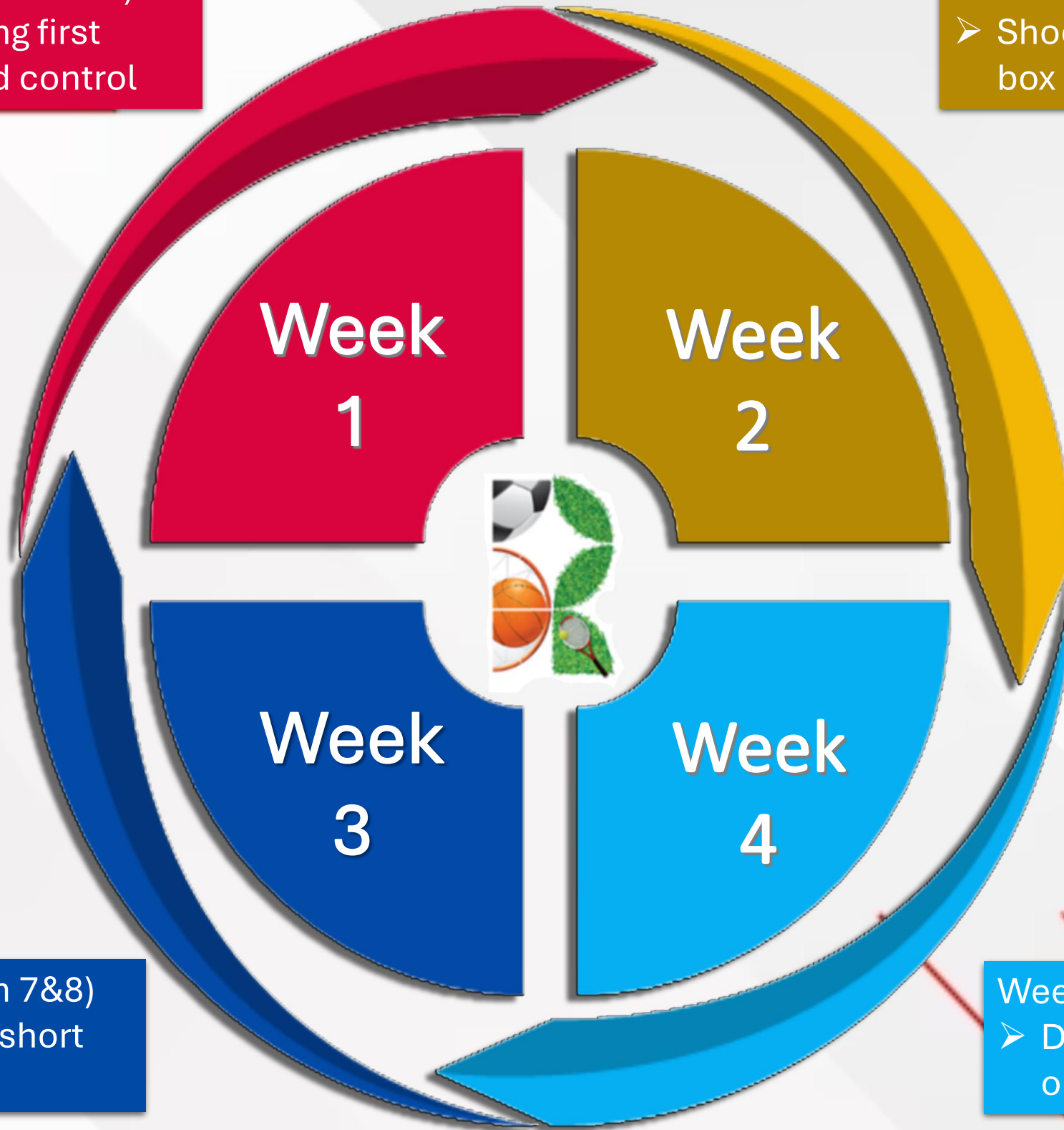
# Year 8 Athletics Journey

Week 1 (lesson 1&2)

- Developing first touch and control

Week 2 (lesson 3&4)

- Shooting inside the box



Week 4 (lesson 7&8)

- Penetrative short passing

Week 3 (lesson 5&6)

- Dribbling to outwit opponents

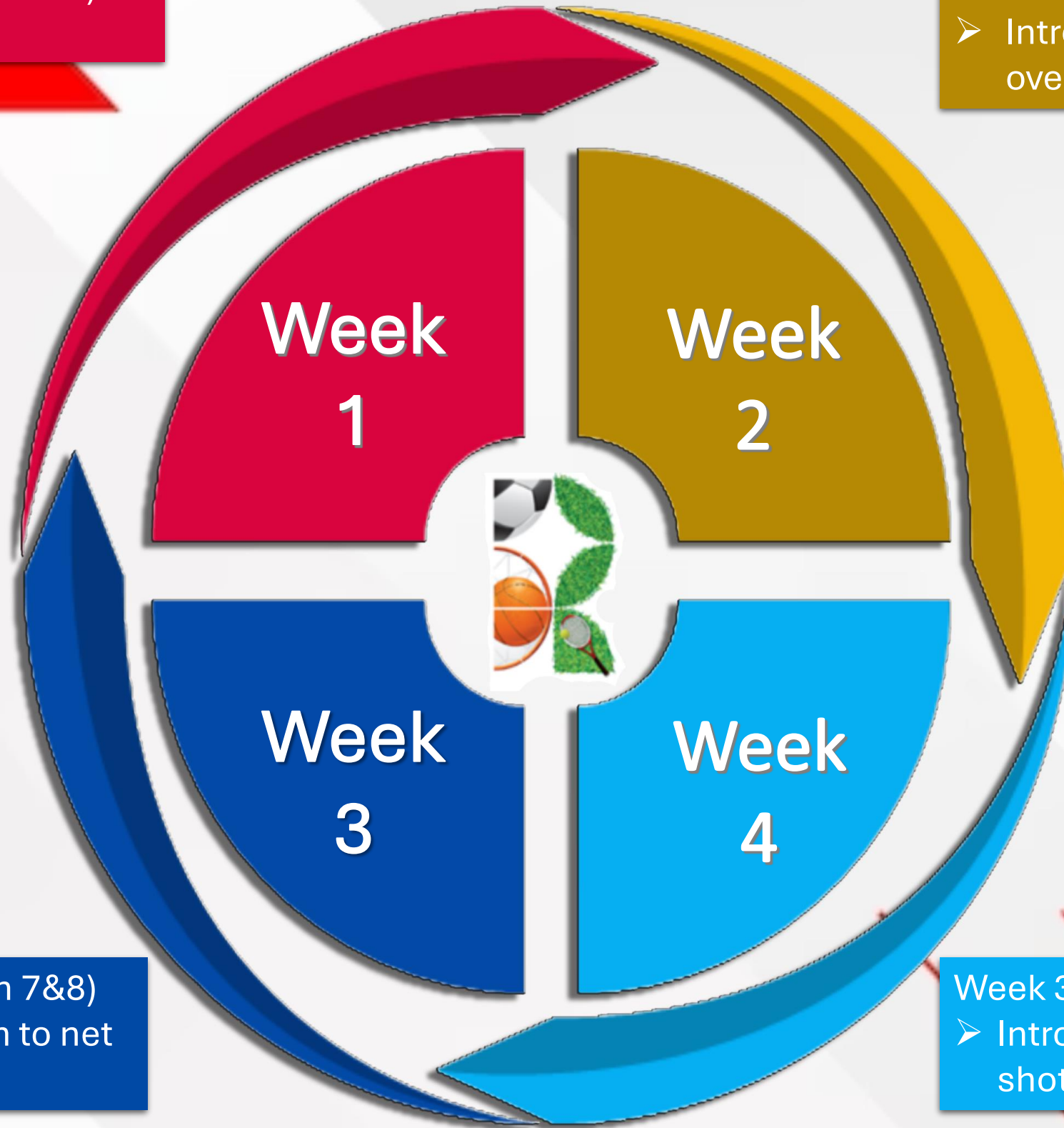
# Year 8 Football Journey

Week 1 (lesson 1&2)

➤ High serve

Week 2 (lesson 3&4)

➤ Introduction to overhead clear



Week 4 (lesson 7&8)

➤ Introduction to net play

Week 3 (lesson 5&6)

➤ Introduction to drop shot

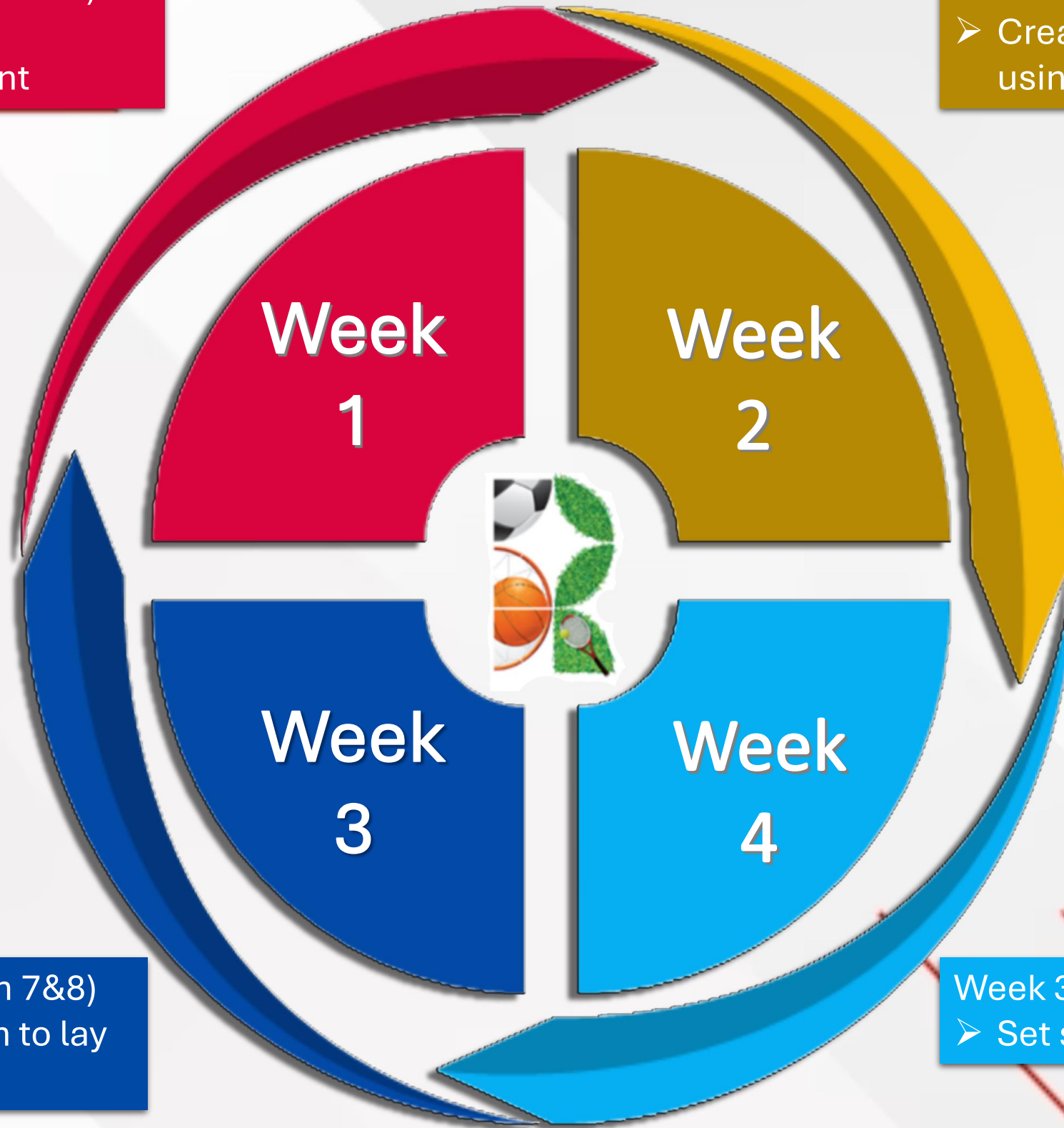
# Year 8 Badminton Journey

Week 1 (lesson 1&2)

- Dribbling Development

Week 2 (lesson 3&4)

- Creating space using 'cut' actions



Week 4 (lesson 7&8)

- Introduction to lay up

Week 3 (lesson 5&6)

- Set shot

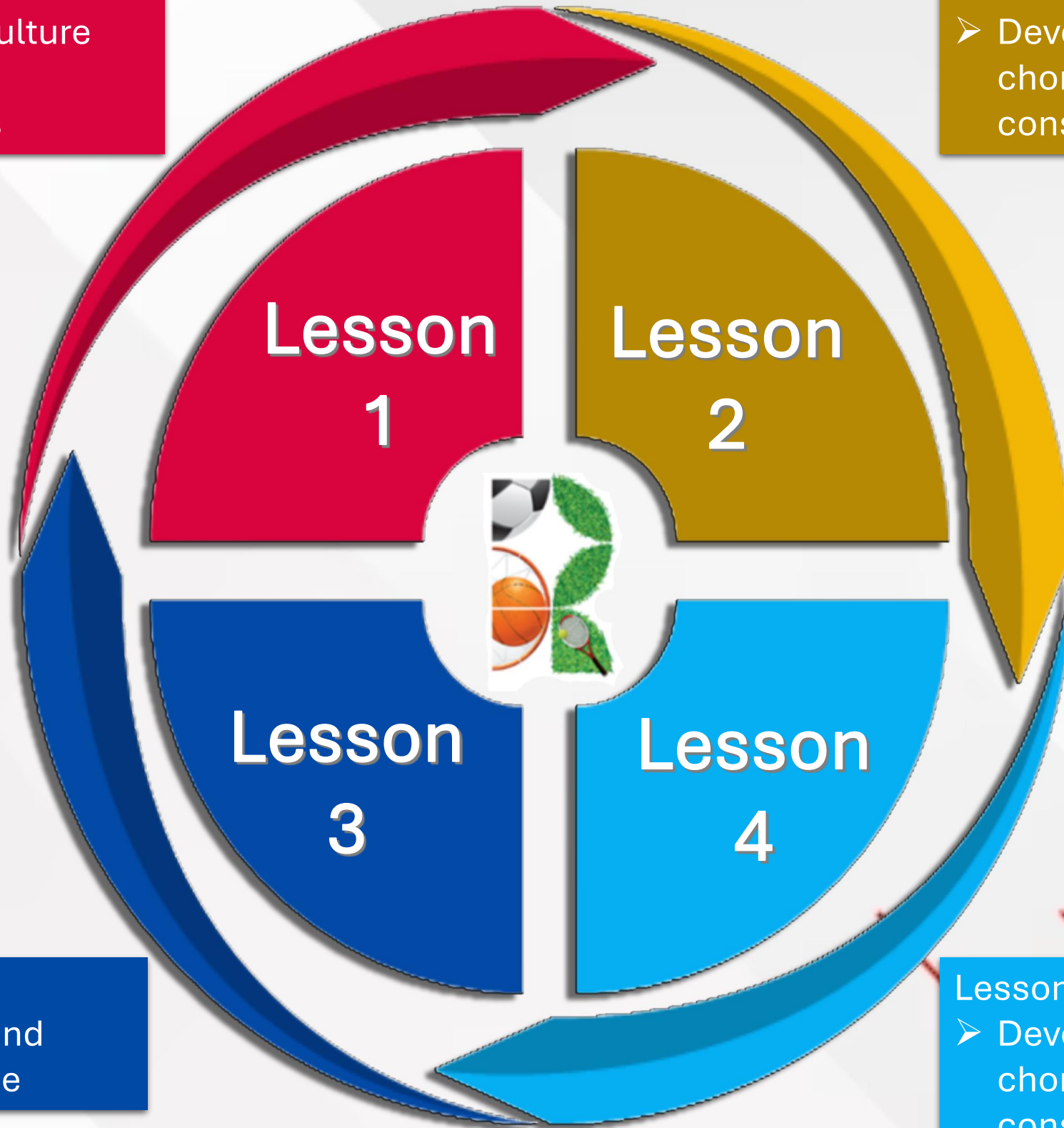
# Year 8 Basketball Journey

### Lesson 1

- Exploring Culture and action movements

### Lesson 2

- Developing choreography to consider relationships



### Lesson 4

- Rehearsal and performance

### Lesson 3

- Developing choreography to consider space and dynamics

# Year 8 Dance Journey

Week 1 (lesson 1&2)

➤ Circuit training

Week 2 (lesson 3&4)

➤ Introduction to rowing machines



Week 4 (lesson 7&8)

➤ Introduction to stationary bikes

Week 3 (lesson 5&6)

➤ Introduction to treadmills

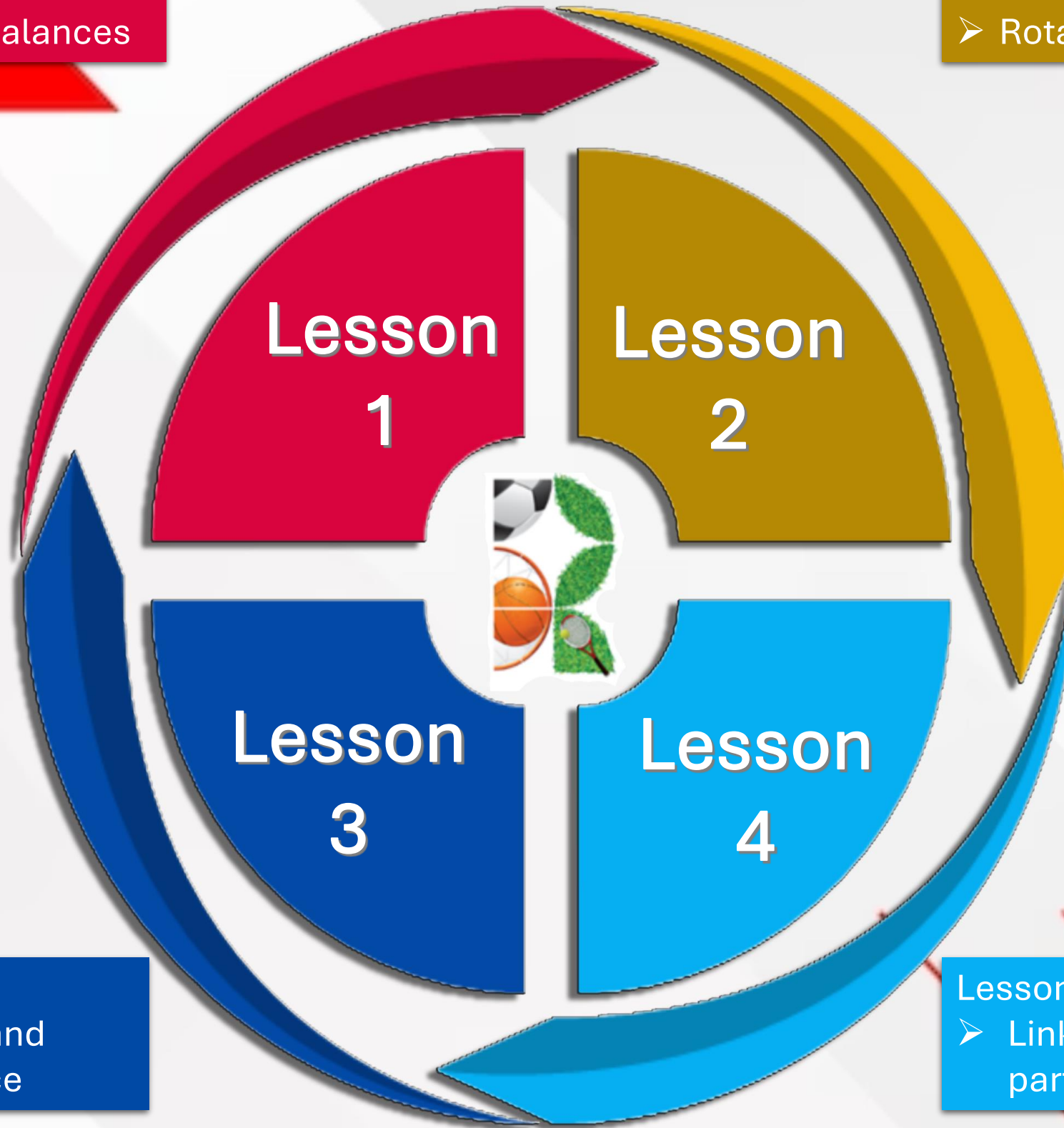
# Year 8 HRF Journey

Lesson 1

➤ Individual Balances

Lesson 2

➤ Rotations



Lesson 4

➤ Rehearsal and performance

Lesson 3

➤ Linking rotations and partner balances

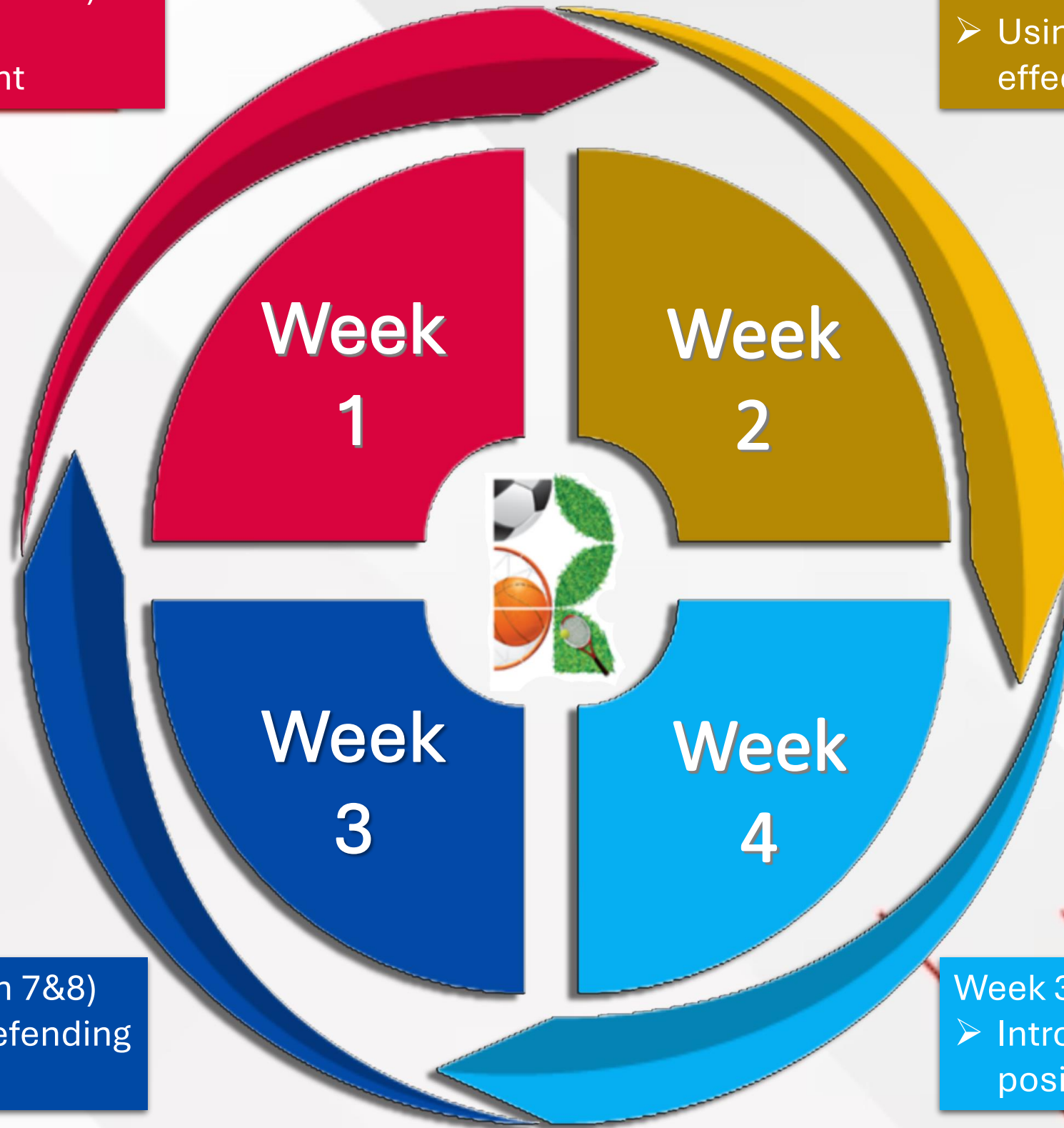
# Year 8 Gymnastics Journey

Week 1 (lesson 1&2)

- Passing development

Week 2 (lesson 3&4)

- Using dodging skills effectively



Week 4 (lesson 7&8)

- Stages of defending in netball

Week 3 (lesson 5&6)

- Introduction to positions and roles

# Year 8 Netball Journey

Week 1 (lesson 1&2)

- Introduction to map reading and legends

Week 2 (lesson 3&4)

- Line event



Week 4 (lesson 7&8)

- Timed line and star events

Week 3 (lesson 5&6)

- Star event

# Year 8 Orienteering Journey

Week 1 (lesson 1&2)

➤ Fielding development

Week 2 (lesson 3&4)

➤ Positional roles



Week 4 (lesson 7&8)

➤ Batting development

Week 3 (lesson 5&6)

➤ Bowling development

# Year 8 Rounders Journey

Week 1 (lesson 1&2)

➤ Fielding & Catching skills

Week 2 (lesson 3&4)

➤ Bowling development



Week 4 (lesson 7&8)

➤ Field set ups and tactics

Week 3 (lesson 5&6)

➤ Batting development

# Year 8 Cricket Journey

Week 1 (lesson 1&2)

➤ Backhand drive

Week 2 (lesson 3&4)

➤ Chop stroke



Week 4 (lesson 7&8)

➤ Offensive smash stroke

Week 3 (lesson 5&6)

➤ Forehand development

# Year 8 Table tennis Journey

Lesson 1  
➤ 100m

Lesson 6  
➤ Discus

Lesson 5  
➤ Javelin



Lesson 2  
➤ 800m

Lesson 3  
➤ Long jump

Lesson 4  
➤ High jump

# Year 8 Athletics Journey