



Year 8 Practical - 2025 / 2026

Through a combination of Teaching Games Through Understand approach, develop strategies and tactics that can outwit an opponent in a range of sporting activities.

Students are taught tactical knowledge combination of games (e.g. Rugby/Touch Union, football, netball), striking and fielding (e.g. rounders and cricket), swimming, net games (e.g. badminton, table tennis); athletic based activities, artistic movements (e.g. gymnastics and dance) and outdoor adventure activities through drop everything and play weeks.

AUTUMN Half-Term 1 (Sept/Oct)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Football	Table Tennis/Badminton/Volleyball/Squash
8x/Pe2	Swimming	Gymnastics
8x/Pe3	Fitness	Football
8x/Pe4	Netball	Swimming
8x/Pe5	Dance	Netball
8x/Pe6	Table Tennis/Badminton/Volleyball	Handball/Basketball

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Football	Table Tennis/Badminton/Volleyball/Squash
8y/Pe2	Gymnastics	Swimming
8y/Pe3	Fitness	Football
8y/Pe4	Swimming	Netball
8y/Pe5	Netball	Dance
8y/Pe6	Table Tennis/Badminton/Volleyball	Handball/Basketball

AUTUMN Half-Term 2 (Nov/Dec)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Gymnastics	Rugby/Touch Union
8x/Pe2	Football	Rugby/Touch Union
8x/Pe3	Dance	Handball/Basketball
8x/Pe4	Fitness	Table Tennis/Badminton/Volleyball/Squash
8x/Pe5	Table Tennis/Badminton/Volleyball/Squash	Swimming
8x/Pe6	Swimming	Netball

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Gymnastics	Rugby/Touch Union
8x/Pe2	Football	Rugby/Touch Union
8y/Pe3	Handball/Basketball	Dance
8y/Pe4	Table Tennis/Badminton/Volleyball/Squash	Fitness
8y/Pe5	Swimming	Table Tennis/Badminton/Volleyball/Squash
8y/Pe6	Netball	Swimming

SPRING Half-Term 1 (Jan/Feb)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Swimming	Netball
8x/Pe2	Fitness	Table Tennis/Badminton/Volleyball/Squash
8x/Pe3	Table Tennis/Badminton/Volleyball/Squash	Swimming
8x/Pe4	Football	Handball/Basketball
8x/Pe5	Handball/Basketball	Fitness
8x/Pe6	Dance	Rugby/Touch Union

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Swimming	Netball
8y/Pe2	Netball	Table Tennis/Badminton/Volleyball/Squash
8y/Pe3	Table Tennis/Badminton/Volleyball/Squash	Swimming
8y/Pe4	Football	Handball/Basketball
8y/Pe5	Handball/Basketball	Fitness
8y/Pe6	Fitness	Dance

SPRING Half-Term 2 (Feb/Mar)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Fitness	Handball/Basketball
8x/Pe2	Handball/Basketball	Netball
8x/Pe3	Netball	Rugby/Touch Union
8x/Pe4	Dance	Rugby/Touch Union
8x/Pe5	Rugby/Touch Union	Football
8x/Pe6	Football	Fitness

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Fitness	Handball/Basketball
8y/Pe2	Handball/Basketball	Rugby/Touch Union
8y/Pe3	Netball	Rugby/Touch Union
8y/Pe4	Rugby/Touch Union	Dance
8y/Pe5	Football	Rugby/Touch Union
8y/Pe6	Football	Gymnastics

SUMMER Half-Term 1 (April/May)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Athletics Track	Athletics Field
8x/Pe2	Dance	Athletics Track
8x/Pe3	Gymnastics	Athletics Track
8x/Pe4	Athletics Track	Athletics Field
8x/Pe5	Athletics Field	Gymnastics
8x/Pe6	Athletics Field	Athletics Track

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Athletics Track	Athletics Field
8y/Pe2	Athletics Track	Dance
8y/Pe3	Gymnastics	Athletics Track
8y/Pe4	Athletics Track	Athletics Field
8y/Pe5	Athletics Field	Gymnastics
8y/Pe6	Athletics Field	Athletics Track

SUMMER Half-Term 2 (June/July)		
Class	Activity Lesson 1 Week A - Monday P4 Week B - Monday P4	Activity Lesson 2 Week A - Friday P2 Week B - Friday P2
8x/Pe1	Rounders	Rounders
8x/Pe2	Rounders	Athletics Field
8x/Pe3	Athletics Field	Rounders
8x/Pe4	Gymnastics	Rounders
8x/Pe5	Rounders	Athletics Track
8x/Pe6	Rounders	Gymnastics

	Activity Lesson 1 Week A - Wednesday P1 Week B - Tuesday P3/Wednesday P4 (dependant on PE Group - see student timetable)	Activity Lesson 2 Week A - Thursday P2 Week B - Thursday P2
8y/Pe1	Rounders	Rounders
8y/Pe2	Athletics Field	Rounders
8y/Pe3	Athletics Field	Rounders
8y/Pe4	Gymnastics	Gymnastics
8y/Pe5	Rounders	Athletics Track
8y/Pe6	Rugby/Touch Union	Rounders

Football	Navy Polo Shirt, Rugby Top, Blue/Black Shorts, Royal Blue socks, Football boots (shin pads advised, but not compulsory)
Swimming	Swim trunks/shorts/costume (1 piece only - Blue/black colours preferred), goggles, towel Also bring general PE kit (navy polo shirt, blue/black shorts, socks & trainers) in the event that the pool is closed
Fitness	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Rugby/Touch Union	Navy Polo Shirt, Rugby Top, Blue/Black Shorts, Royal Blue socks, Football boots, Gum Shield
Table Tennis/Badminton/Volleyball/Squash	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Netball	Navy Polo Shirt, Rugby Top/CCHS Fleece, Blue/Black Shorts, Royal Blue socks, Trainers
Dance	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Gymnastics	Navy Polo Shirt, Blue/Black Shorts, Grip socks (if student does not prefer barefoot)
Athletics	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Rounders	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Handball/Basketball	Navy Polo Shirt, Rugby Top/CCHS Fleece, Blue/Black Shorts, Royal Blue socks, Trainers

NOTE: Students should have PE kit for all activities even in the event of illness or injury, to be able to support the lesson effectively.