



THE
HAYLING
COLLEGE

KS3 PE CONCEPT CURRICULUM YEAR 8

DEVELOPMENT YEAR – APPLYING AND COMPARING



We learn important life skills through physical activity.
Every activity is the vehicle. The concept is the focus.

UNIT & OVERALL TITLE	CONCEPTS (What we are learning)	PUPIL QUESTIONS (What should you be able to answer?)
UNIT 1 PHYSICAL PREPARATION & FITNESS GET READY, PERFORM BETTER  Building on Year 7 by preparing effectively and understanding fitness.	 1. Activity-Specific Warm-Ups	1. Why do different activities need different warm-ups?
	 2. Components of Fitness	2. Which components of fitness help performance in different activities?
	 3. How the Body Responds to Exercise	3. How do two types of physical activity affect the body differently?
	 4. Physical Activity & Mental Wellbeing	4. How does regular physical activity support physical health and mental wellbeing?
UNIT 2 TEAMWORK & COMMUNICATION WORK TOGETHER, PERFORM TOGETHER  Developing relationships, roles and effective performance with others.	 1. Communication	1. How do communication and teamwork influence the outcome of a game?
	 2. Teamwork & Roles	2. What makes an effective team member or leader?
	 3. Developing Skills & Technique	3. How can practice improve your skills and technique?
	 4. Feedback for Improvement	4. How can feedback help improve a skill or performance?
UNIT 3 TACTICS, STRATEGY & DECISION MAKING THINK SMART, PLAY SMART  Applying tactics, making decisions and learning through challenge.	 1. Tactics & Strategy	1. How can you apply a tactic or strategy and explain why you chose it?
	 2. Decision Making	2. How do you make good decisions in games and activities?
	 3. Comparing Performance	3. What has improved in your performance and why?
	 4. Resilience & Motivation	4. How can resilience and motivation affect your progress in PE?
UNIT 4 ACTIVE LIFESTYLES, CONFIDENCE & REFLECTION LEARN TODAY, STAY ACTIVE TOMORROW  Reflecting on learning, building confidence and staying active beyond lessons.	 1. Reflection & Review	1. How can reflection help you improve your next performance?
	 2. Healthy Habits & Wellbeing	2. How can healthy habits support performance and wellbeing?
	 3. Physical Literacy & Confidence	3. How can confidence help you try new activities?
	 4. Staying Active for Life	4. What realistic change could help you become more physically active outside school?



JOIN A CLUB – BE ACTIVE, HAVE FUN, MAKE FRIENDS!
Clubs at lunch and after school – find something you enjoy and stay active for life.



EXAMPLES OF CLUBS YOU COULD JOIN:



SPORTS
TEAMS



FITNESS
CLUB



DANCE
CLUB



RUNNING
CLUB



LEADERSHIP
CREW



OUTDOOR
ADVENTURE

ACTIVE BODIES. STRONG MINDS. BRIGHT FUTURES.