

Year 8 PE

Basketball

- Refine the basic techniques for passing and dribbling.
- Develop the correct approach for shooting and apply this in small sided games.
- Understand the 'Lay-up' technique.
- Develop an understanding of defensive strategy and how it can be applied.
- Develop cardiovascular fitness levels and understand ways to improve it further.

Netball

- Understand the importance of a warm up and how personal levels of fitness can impact on their performance.
- Build on and embed the physical development and skills learned in Year 7,
- Become more competent, confident and expert in techniques, tactics and rules.
- Apply tactics and rules consistently to a game scenario.
- Move the ball quickly through a transition from defence into attack, culminating in shooting opportunities.

Rugby

- Refine passing techniques and look at ways to outwit opponents.
- Using side steps and changes of pace.
- Learn the basic tackling techniques, progressing from stationary to moving tackles.
- Apply these techniques in small sided games.

Football

- Understand the importance of a warm up and how personal levels of fitness can impact on performance.
- Build on and embed the physical development and skills learned in Year 7.
- Develop a consistent approach to controlling the ball with different body parts.
- Understand how to switch the play to outwit opponents.
- Use these skills consistently in a game scenario.

Badminton

- Refine the basic shots, tactics and rules learned in Year 7.
- Attempt to apply them consistently to a game scenario in small court singles and doubles matches.
- Maintain a rally, looking to take control and manipulate the position of the opponent.
- The basic serve learned in Year 7 will be developed further and hit into different areas.

Swimming

- Continued refinement of the freestyle technique.
- Improve the efficiency of starts, turns and finishes.
- Develop additional strokes.
- Break down the skill and isolate key movements.
- Developing understanding of key water safety principles.
- Improve fitness levels.

Hockey

- Pass and support the ball carrier in small sided games.
- Learn the principles of the 'block and jab' tackle and how to apply these in isolation and small sided games.
- Understanding of the equipment and how to use it safely.
- Understand how other items of protection and 'safe play' can reduce the risk of injury.

Athletics

- Run, jump and throw across a range of events.
- Improve previous performances and understand how slight modifications can facilitate improvement.
- Analyse performances compared to previous ones and demonstrate improvement to achieve personal bests.
- Develop the ability to record the scores of others and make suggestions as to how they could improve.

Tennis

- Develop the strokes of forehand and backhand.
- Develop net play and understanding of how to reduce the amount of reaction time opponents have.
- Apply learning of practised shots by moving from isolation into a competitive rally.
- Start a rally from an overhead serve and begin to manipulate the opponent to increase chances of success.

Cricket/Rounders

- Knowledge of pairs and 6's cricket and the rules associated with both forms.
- Rounders students understand the full version of the game and the different modifications related to the structure of the innings.
- Manipulate opponents' fielding placements through precise striking of the ball.

**Advice to students
for independent
study**

- Ensure skills are being consolidated by attending at least one extra curricular club per week.
- Join one of our clubs in the community.
- Continue to recognise which aspects of fitness are needed most in each activity.
- Apply the theoretical knowledge shared in preparation for GCSE Physical Education.