

## Subject Physical Education Year 8

We aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Students will have opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

During Half terms 1-4 student will rotate through the following activities

### **Swimming**

Students will develop and refine their strokes. Continued refinement of their freestyle technique. Students will look to improve the efficiency of their start, turn and finish. Students will be encouraged to develop additional strokes. Where required students will break down the skill and isolate key movements. In addition further developing their understanding of key water safety principles and improve fitness levels.

### **Badminton**

Students will start to refine the basic shots, tactics and rules learnt in Year 7. Attempt to apply them consistently to a game scenario small court singles and doubles. They will become familiar with maintaining a rally looking to take control and manipulate the position of their opponent. The basic serve learnt in Year 7 will be developed further and hit into different areas.

### **Basketball**

Students will refine the basic techniques for passing and dribbling. They will develop the correct approach for shooting and apply this in small sided games. Students will be introduced to the 'Lay-up' technique. Students will develop an understanding of defensive strategy and how it can be applied. They will through play develop their cardiovascular fitness levels and understand ways to improve it further.

### **Football**

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 7. They will develop a consistent approach to controlling the ball with different body parts and understand how to switch the play to outwit their opponents. In turn they will attempt to use these skills consistently in a game scenario.

### **Rugby**

Students will build on their skills learnt in Year 7 and further develop their skills in rugby. Students will look to refine their passing techniques and look at ways to outwit their opponents. Using side steps and changes of pace. Students will have learnt the basic tackling techniques progressing from stationary to moving tackles. Students will attempt to apply these techniques in small sided games.

### **Netball**

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 7, becoming more competent, confident and expert in their techniques tactics and rules and attempt to apply them consistently to a game scenario. Students will look to move the ball quickly through a transition from defence into attack culminating in shooting opportunities.

### **Hockey**

Students will build on the skills learnt in year 7 and start to pass and support the ball carrier in small sided games. Students will learn the principles of the 'block and jab' tackle and how to apply these in isolation and small sided games. Students will have a clear understanding of the equipment and how

to use it safely. In addition they will understand how other items of protection and 'safe play' can reduce the risk of injury

During Half terms 5-6 students will rotate through the following activities

**Athletics**

Students will have the opportunity to develop their skills further in a range of track and field events. They will look to improve previous performances and understand how slight modifications can facilitate improvement. Students will have an opportunity to run, jump and throw in their module. Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. They will develop the ability to record the scores of others and make suggestions as to how they could improve.

**Tennis**

Students will develop their strokes of forehand and backhand. They will look to develop their net play and how they can reduce the amount of reaction time their opponents have. They will apply logical progression to ensure they are able to perform the shots from isolation into a competitive rally. They will be able to start a rally from an overhead serve and begin to manipulate their opponent to increase their chances of success.

**Cricket/Rounders**

Students will build on and embed the physical development and skills learned in Year 7. Within cricket students will be familiar with pairs and 6's cricket and the rules associated with both forms. Within Rounders students will be familiar with the full version of the game and the different modifications related to the structure of the innings. Students will practice striking the ball and look to manipulate their opponents fielding placements through precise striking of the ball.

**By the time you finish key stage 3 you'll be...**

Able to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis.  
 Developing their technique and improve their performance in other competitive sports in athletics and swimming  
 Have taken part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.  
 Have analysed their performances compared to previous ones and demonstrate improvement to achieve their personal best.  
 Have taken part in competitive sports and activities outside school through community links or sports clubs