



PE - YEAR 8

Gymnastics

Develop routines to music, with a focus on individual, pair and trio balances.

Rugby

Begin to apply tackling in competitive situations and develop tactics and strategies during games.

Handball

Advanced skills such as the jump shot and blocking. Develop tactical game play such as zonal marking and positioning.

Trampolining

Safety aspects as well as skills including jumps, twists and drops. Create routines using key terms such as execution and difficulty.

Table Tennis

Know the basics of the game, explore push and drive skills using backhand and forehand. Officiate by applying the rules effectively.

Physical Activity

Work at high RPE rates, increase knowledge of training and the human body, develop skills such as deadlifts, front squats and use of kettlebells.

Badminton

Know the basics of the game, explore skills such as serving, overhead clear and the smash. Officiate by applying the rules effectively.

Netball

Develop tactics to outwit opponents, create game plays for attacking and defending, and continue to develop the core skills.

Football

Continue to develop an understanding of the game whilst advancing core techniques into skills such as lofted passes, turns and set plays.

Softball

Game basics including rules and playing area. Develop pitching, catching and batting skills.

Orienteering

Key terms such as thumbing and legend. Problem solving, map reading and explore a range of courses.

Athletics

Continue to cover the 3 disciplines of athletics: throws, runs and jumps. Officiate events through timekeeping and measuring.

Cricket

Progress onto more advanced movements and techniques, e.g. fast pick up and sweep shot.

