



PE - YEAR 8

Gymnastics

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

Rugby

Begin to apply tackling in **competitive situations** and develop your use of **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 & forehand. **Officiate** by applying the rules effectively.

Physical Activity

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

Badminton

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

Netball

Develop **tactics** to **outwit opponents**, create **game plays** for attacking & 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 & playing area**. Develop pitching, catching and batting skills.

Orienteering

Key terms such as **thumbing & 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 & measuring.

Cricket

Progress onto more **advanced** movements & **techniques** e.g. fast pick up & sweep shot.

