



What Year 8 students will learn in the Autumn & Spring Term in PE

When students complete these activities will depend on the availability of facilities

OAA

Students should be able to use a compass effectively and accurately to take a bearing and complete a basic orienteering course.

Hockey

Students should build up skill knowledge by progressing to more complex skills and be able to apply these in a game situation. Students should understand and apply positions and tactics within a half pitch game.

Gymnastics

Students should be able to complete a paired or group routine including a range of skills

Balances – Counter balances, headstand, handstand

Jumps – pike, straddle

Rolls – forwards, backwards

Rotations – cartwheel, round off, full and half turns

Students will provide feedback to another group – 2 stars and a wish

Additional Information

Year 8 focus is developing fluency and accuracy of basic skills, applying them more consistently to more complex situations in small-sided games, developing effectiveness of play in small sided games and learning to apply rules to game situations. We start Year 8 by teaching students the more complex skills in order to increase competence and ability to play in a game. Students are then taught how to apply the rules to the game or activity.

Rugby

Students continue to develop the basic skills of passing and receiving the ball along with some more of the rules to make gameplay more effective. Students also learn about the importance of keeping a steep line when attacking and a flat line in defence.

Table Tennis

Students are taught how to set up the tables safely and correctly as well as an introduction to the game. The rules and the basic shots needed. Students focus on learning the serve and the basic forehand and backhand push shots.

Badminton

Students should build upon playing in ½ court games, applying more rules of the game, start to develop the ability to hit the shuttle away from their opponent (now selecting and applying the correct shot for the situation).

Football

Students should have developed passing and receiving skills. Students should apply these and dribbling skills to small sided games and become competent and confident at keeping possession of the ball in small-sided games

Netball

Students should have developed passing and receiving skills. Students will learn to lead warm-ups, more specific requirements of the positions on the court and develop their ability to move around the court to help their side keep possession of the ball.