

**Overview:**

Year 8 Physical Education is aimed at giving all students the techniques and tactics to take part in a wide range of sporting activities. All students will cover up to 12 different sports throughout the year with the opportunity to take part in extra curricular clubs and teams to put showcase their ability against other schools

Term 1:

Boys- In your first term you take part in 4 different sports; Rugby Union, Badminton, Cricket and Basketball. You will build upon your knowledge of the rules and techniques required to play all 4 sports in competitive situation.

Girls- In your first term you take part in 2 different team sports; Rugby Union and Netball. In these activities you will build upon your knowledge of the rules and techniques required to play the sports in competitive situation. You will also take part in two creative activities. In your gymnastics and dance lesson you will work on partner and group skills required to build a routine. Your confidence will be built as you perform the routines to your peers.

Year 8**Physical Education****Term 3:**

Boys- In your final term you take part in athletics, tennis and softball. You will build upon your knowledge of the rules and techniques and tactics required to participate in all 3 sports in competitive situations. In your athletics lesson you will work on individual skills required to complete all track and field disciplines in preparation for sports day.

Girls- In your final term you will take part in rounders, tennis fitness and athletics. In rounders and tennis you will focus on building upon your knowledge of the rules tactics and techniques required to play in competitive situation. In your fitness and athletics lesson you will work on individual skills required to complete all track and field disciplines in preparation for sports day.

Term 2:

Boys- In your second term you take part in 2 team sports and 2 individual sports. In Football and table tennis you will learn build upon your knowledge of the rules and techniques required to play the sports in competitive situation. In hockey you will be given an introduction of the game building upon attack and defensive principles learnt from other sports. In your Fitness lessons you start to look at training methods used in the professional sports

Girls- In your second term you will take part in Football, badminton, OAA and trampolining. You will build upon your knowledge of the techniques and rules required to play the sports in competitive situation. In your Trampolining lesson you will build upon individual skills required to build a routine and in your OAA lesson you will work on employabilities skills such as team work, communication and leadership along with map reading skills.