

**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 16 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 7 different activities; badminton, hockey, table tennis, handball, trampolining, rugby and dodgeball. You will continue to learn the rules and techniques required to take part in all 8 sports in isolation and small game situation. You will be leading warm ups in small groups and creating routines

Girls- In your first term you take part in 6 different activities these include; Trampolining, netball, handball, gymnastics, Football and dance. In these activities you will consolidate the basic skills and techniques required to take part in all activities apply these to more complex scenarios. You will also take part in 3 creative activities where you will develop individual skills required to build a routine. Your confidence will be built as you perform the routines to your peers.

Year 8**Physical Education****Term 2:**

Boys- In your second term you take part in 6 more different activities. These include basketball, volleyball, football, fitness, OAA and invasion games. You will consolidate the basic skills and techniques required to take part in all activities apply these to more complex scenarios. Your confidence will be building and you may be starting to lead warm ups by yourself.

Girls- In your second term you will take part in Fitness, Dodgeball, OAA, Badminton, Pickleball and rugby. You will Learn the basic techniques and rules required to take part in the sports and develop your teamwork communication skills in OAA.

Term 3:

Boys- In your final term you take part in 5 different activities including athletics, tennis, pickleball, softball, and cricket. You will consolidate the basic skills and techniques required to take part in all activities apply these to more complex scenarios. You should be able to accurately self assess your ability and its impact on performance.

Girls- In your final term you will take part in rounders, cricket, volleyball, softball and athletics. You will consolidate the basic skills and techniques required to take part in all activities apply these to more complex scenarios. In your athletics lesson you will work on individual skills and learn about your strengths and weaknesses.