



Physical Education

Year 8 Curriculum

In Year 8, you will explore the following **sports**:
 Fitness , Hockey, Dance, Netball, Badminton, Orienteering, Gymnastics, Rugby, Football,
 Volleyball, Athletics, Striking and fielding (rounders/cricket), Tennis, Swimming.

Below is what you will learn in each sport.

Fitness

- Different training types
- Heart rate monitoring
- Cardiovascular endurance activities

Dance

- Origins of Bhangra
- Formations
- Motif development
- Levels
- Performance skills

Badminton

- Grip
- Ready position
- Serving
- Rally
- Shot selection

Volleyball

- Serving
- Volley
- Dig
- Use of 3 touches
- Basic rules
- Serve rotation

Hockey

- Use of reverse stick
- Passing on the move
- Use of space on the pitch
- Positions
- Shooting
- Jab tackle

Gymnastics

- Vaulting skills
- Linking skills into a routine

Athletics

- Track
- Field

Swimming

- All strokes
- Floating
- Sculling
- Diving

Netball

- Defending on and off the ball
- Using the space (channelling)
- Timing of the pass/movement
- Full sided games
- Shooting technique
- Using the circle players

Striking and fielding – Rounders/Cricket

- Throwing
- Catching
- Batting
- Bowling
- Fielding – long barrier
- Team work/positional tactics

Rugby

- Offside rule
- Passing
- Moving forwards / scoring
- Ball handling / carrying skills
- Small sided games



Across the year, you will also learn about the following theory aspects (these will not be assessed)

- Justify the purpose of warm ups and cool downs
- Describe the 5 functions of the skeletal system
- Explain the 3 different somatotypes and link them to specific sports people
- Identify the structure of the heart
- Describe what EPOC (oxygen debt) is
- Explain how to recover from vigorous exercise and why it's important
- Explain the reasons needed for a balanced diet and maintaining hydrated



You will be assessed through a combination of skills practices, modified games, full games, sequences, self/peer assessment of strengths and weaknesses, Q&A.