

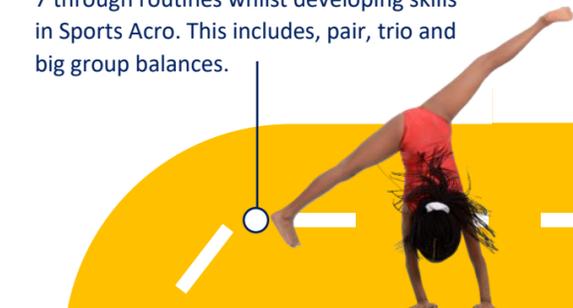


# Presdales Physical Education Journey

## Year 8 – Broadening Sporting Experience and Refining Skills



**Gymnastics**  
You will be extending your skills from Year 7 through routines whilst developing skills in Sports Acro. This includes, pair, trio and big group balances.



**Table Tennis**

You will develop the basic batting skills and rules of table tennis whilst developing knowledge of singles play. You will learn the backhand and forehand push/drive and also how to put spin on the ball!



**Fitness**

You will develop an understanding of the different way's fitness can develop an active, healthy lifestyle. This will include circuit training, fun cardio games, Just Dance and boxercise.

**Autumn Term**

**Dance**

You will recap key choreographic skills from Year 7 and learn a variety of Bhangra dance moves and terminology. You will learn how to create and adapt a motif, change levels and choreograph a dance with



**Tag-Rugby**

You will be learning core skills whilst developing the tactical understanding of the game through game play. You will learn how to pass, score a try, maintain a formation, kick and tag your opponents (making sure you are ON SIDE!)



**Spring Term**

**Hockey**

Your lessons will recap the basic rules, handling, dribbling, passing and shooting from Year 7. You will then progress to the use of reverse stick, V drag, jab tackle and slap hit, This will then be applied through mini-games.



**Netball**

You will be securing and refining your skills from Year 7 on passing, footwork, shooting and positions, whilst developing further tactical knowledge and understanding of how to intercept, timing of pass, movement on the court etc.



**Athletics**

You will start to develop and refine the key techniques from Year 7 required to undertake a variety of track and field events whilst supporting your peers in their performance through key teaching points. Your lessons will cover throws, runs and jumps with progression from Year 7.



**Summer Term**

**Tennis**

Your lessons will look at securing your various forehand & backhand strokes, serving and the tactical understanding of the game in doubles.



**Swimming**

You will develop your technique from Year 7 in front crawl, breast stroke, back crawl and butterfly. You will also learn lifesaving!



**Rounders**

You will start to refine and apply your skills from Year 7 more consistently and develop tactical understanding of the sport. You will start to add spin to your bowl, field effecting in a range of positions and bat with placement.



**Badminton**

You will learn how to set up the court, the grip and how to serve. You will also develop a variety of shots in practice and apply into a game situation; net shot, drop shot, overhead clear.



**Show Your Commitment**

- ✓ Try your best in all lessons
- ✓ Bring your PE kit to all lessons
- ✓ Attend PE extra-curricular clubs each term

**Demonstrate the School Values**

- Ambition
- Equality
- Creativity
- Integrity
- Resilience
- Kindness

**Fixtures**

Below are the fixtures/tournaments you can compete in across the year if you come to extra-curricular clubs

- Dance/Gym Show
- Basketball
- Tennis
- Trampolining
- Rounders
- Football
- Hockey
- Athletics
- Cricket
- Netball
- Equestrian
- Cross-Country
- Sportshall Athletics
- Swimming



**Your Physical Education Journey starts here ...**