



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.

Trampolining

You will develop the basic skills of trampolining; you will learn how to land in various positions (seat, front and back) and also how to link moves into a routine!

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.

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

Tennis

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

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!)

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.

Swimming

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

Summer Term

Spring Term

Autumn Term

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.

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.

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 ...

