



# 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!)

### 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.

### 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.

### 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 ...**

