

YEAR 8

PHYSICAL EDUCATION

Curriculum Content

During the winter terms we continue to concentrate on Dance, Gymnastics, Hockey and Netball, whilst in the summer we do Rounders, Athletics and Tennis. The aim is to continue to build a thorough understanding of the basic skills required in each activity, develop an awareness of safety issues and knowledge of the rules of play. Small sided and full games will be played and there will be opportunities to perform, umpire and evaluate the performance of themselves and others.

Knowledge, skills and understanding

- Dance:** *show a wide movement vocabulary
show an understanding of the importance of timing in a group sequence,
working at the same time as each other and working in canon.
perform movements with expression, show rhythm, sequences show style,
fluency and quality, confident performances.*
- Gymnastics:** *perform all basic agilities with control and style, performs routines with advanced
moves and show body control and linking moves.
perform flight moves successfully at floor level, from a bench and using a variety
of large pieces of apparatus.*
- Hockey:** *push and hit with power and accuracy while stationary and on the move; can stop
the ball open and reverse stick side; can perform a variety of dodges, block and
jab tackle; play well in the 8 aside and full sided game; show knowledge of the
rules of play; is aware of the basic skills of goal keeping.*
- Netball:** *use appropriate passing within the game situation; correct footwork; use a
variety of dodges to get free; ability to intercept a pass, mark a player and the
ball; good shooting technique; play well in the game and show good knowledge of
the rules of play.*
- Athletics:** *show good technique in the running, jumping and throwing events; improve her
standards during the term; has an awareness of the methods used to judge or
measure the events.*
- Tennis:** *accurate forehand and backhand ground-strokes; controlled forehand and
backhand volley; ability to serve, play a game showing ability to rally;
tactical awareness and accurate scoring.*

Rounders: *demonstrate basic techniques linked to bowling, batting and fielding; show an understanding and awareness of the rules of the game and can transfer the above skills to a game situation.*

Assessment opportunities

- Girls are continually assessed in games lessons.
- Dance and gymnastics will be assessed during the performances at the end of a four week block of lessons.
- Tennis and athletics skills will be continually assessed during the summer term.