

PHYSICAL EDUCATION

Pupil year: L4 (Yr 8)

Head of Department: Miss L K Millar

Subject Topic

Gymnastics Rolling, twisting, turning, flight, travel, balance

Experimental and Analytical Skills

Thematic approach and introduction to formal and educational gymnastic skills, both on the floor and the apparatus. Encourage co-ordination and control, and introduce sequence work. Learning to work with others - support skills. Safety and Self-Awareness.

Netball

Development of ball control and footwork skills, winning / restricting space, emphasis on basic tactics and spatial awareness.

Hockey

Development of stick work and ball control, more emphasis on reverse stick work. Introduction of set pieces, tactics and basic goal keeping.

Cross-Country

Individual challenge – sustained running for stamina improvement, emphasis on pacing.

Badminton

Introduction to basic racquet skills, rules and scoring of singles and doubles.

Volleyball

Introduction to basic skills including:- dig, volley/set, serve and knowledge of playing rules and procedures.

Basketball

Introduction to ball handling skills. Shooting and basic small-sided games, and knowledge of rules.

Athletics

Individual skill acquisition in all event disciplines. Basic techniques. Emphasis on safety.

Swimming

To develop technique in all strokes. Survival skills and timed swims in all strokes. More emphasis on stamina and water skills.

Tennis

Development of racquet skills – including all basic strokes, more emphasis on serve and volley skills. Understanding of rules, scoring and tactics.

Rounders

Inclusion of striking and fielding skills within the game context. Awareness of tactics.