

# PHYSICAL EDUCATION

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Pupil year: **Lower 4 (Yr 8)**

Head of Department: **Mrs C Gabbitass**

<b>Subject Topic</b>	<b>Experimental and Analytical Skills</b>
<b>Gymnastics</b>	Thematic approach and introduction to formal and educational gymnastic skills, both on floor and apparatus.
<b>Netball (Set groups)</b>	Development of ball control and footwork skills, winning/restricting space, emphasis on basic tactics and spatial awareness.
<b>Hockey (Set groups)</b>	Development of stick work and ball control, more emphasis on reverse stick work.
<b>Tag Rugby</b>	Introduction to the game of tag rugby. Basic throwing and ball-handling skills. Knowledge of scoring, defensive and attacking play and outwitting opponents.
<b>Cricket</b>	Introduction to the game of cricket. Basic rules and scoring. Batting and fielding techniques to outwit opponents.
<b>Cross - Country</b>	Individual challenge – sustained running for stamina improvement, emphasis on pacing.
<b>Fitness For life</b>	Understanding the components of Fitness; the benefits of warm-up and cool down.
<b>Badminton</b>	Introduction to basic racket skills and accurate replication of techniques, rules and scoring of singles and doubles.
<b>Athletics</b>	Individual skill acquisition in all event disciplines. Improving personal performance and safety in participation.
<b>Swimming</b>	Developing technique in all strokes. Survival skills and timed swims in all strokes. More emphasis on stamina and water skills.
<b>Tennis</b>	Development of racket skills including all basic strokes, more emphasis on serve and volley skills. Understanding of rules, scoring and tactics.
<b>Rounders</b>	Inclusion of striking and fielding skills within the game context. Awareness of tactics to outwit opponents.