

PHYSICAL EDUCATION & GAMES

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

Head of Department: **Mrs C Gabbitass**

| | |
|---|--|
| Gymnastics Rolling, twisting, turning, flight, travel, balance | Thematic approach and development of formal and educational gymnastic skills, both on floor and apparatus. Encouraging co-ordination and control, and introducing sequence work. Learning to work with others - support skills. Safety and self-awareness. |
| Dance | Exploration of a range of dance movements using steps, gestures, formations, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. Pupils will demonstrate creativity by incorporating control, rhythm, timing and aesthetics into sequences. |
| Netball | Development of ball control and footwork skills, winning/ restricting space, emphasis on basic tactics and spatial awareness. Set groups according to ability. |
| Hockey | Development of stick work and ball control, more emphasis on reverse stick work. Accurate replication and outwitting. Introduction of set pieces, tactics and basic goal-keeping. Set groups according to ability. |
| Tag Rugby | Introduction to the game of tag rugby. Basic throwing and ball-handling skills. Knowledge of scoring, defensive and attacking play and outwitting opponents. |
| Cricket | Introduction to the game of cricket. Basic rules and scoring. Batting and fielding techniques to outwit opponents. |
| Cross-Country | Individual challenge – sustained running for stamina improvement, emphasis on pacing. |
| Fitness for Life | Introduction to the components of Fitness and the benefits of a warm-up and cool down. Understanding of health and fitness and the importance of these in maintaining a lifelong healthy lifestyle. |
| Badminton | Introduction to basic racquet skills and accurate replication of techniques, rules and scoring of singles and doubles. |
| Basketball | Introduction to ball-handling skills. Shooting, lay-up and basic small-sided games, and knowledge of rules. |
| Athletics | Individual skill acquisition in all event disciplines. Improving personal performance and safety in participation. |
| Swimming | Developing 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 to outwit opponents. |