

YEAR 8



Our Year 8 students will explore a range of sports and activities allowing students to enhance their learning of basic and advanced skills and techniques, build their understanding and tactical awareness as well as learning how to evaluate and analyse performance.

Badminton

Within Badminton, students will learn a variety of shots to enable them to tactically manoeuvre their opponent around the court. They will also build a sound understanding of rules and scoring within the sport.

Table Tennis

In Year 8 students will build upon their range of shots and tactics to help students have success in rallies and also in competitive situations. This sport will help with hand eye coordination, reaction time and agility.

Football

Students will build upon learning in Year 7 by discovering consistency in skills and techniques. Linking with other invasion games to understand special awareness and tactics to positively effect their team.

Softball

Students will build upon their striking and fielding skills learnt in Year 7. Developing a higher level of tactics and game understanding in Softball along with sportsmanship, fair play and respect.

Rounders

Students will continue to develop their knowledge and understanding of gameplay and learn batting and fielding tactics within gameplay. Students will develop batting and fielding techniques to become more accurate and consistent in match play.



Sportsmanship
Resilience
Respect
Fair play

Fitness

Students will develop their knowledge of components of fitness and discover a variety of methods of training. Understanding how different methods will aid your progress in different sports.

Tag Rugby

Students will continue developing their skills and techniques within Tag Rugby. Have confidence in passing off both hands, develop their communication skills and understand about scanning for special awareness.

Gymnastics

Gymnastics will explore flight. Using a variety of different equipment and apparatus how can we use shapes and techniques from Year 7 through movement. This module will also develop our core strength, confidence, self belief and independent work rate.

Athletics

Athletics builds upon prior learning to give students opportunities to develop their throwing, running and jumping actions using advanced techniques across track and field events. Students will get to try Triple jump and long distance running.

Cricket

Within Cricket, students will learn different ways to throw with accuracy and catch consistently. Basic skills surrounding batting and how to bowl overarm. Students will also understand rules around Cricket.

Sport for Life, Skills for Life