

YEAR 8 LEARNING JOURNEY INFORMATION

PE – NCFE

Net Games



Autumn Term 1

KNOWLEDGE

Students will develop understanding, and be made aware of at all aspects of Net Games

Students will understand the scoring systems and the rules of Badminton, Volleyball and Table Tennis.

Cross Country



Autumn Term 2

KNOWLEDGE

Students will develop understanding, and be made aware of at all aspects of cross country running.

Students will understand the tactics of how to run a competitive cross-country run.

Educational Games



Spring Term 1

KNOWLEDGE

Students will develop understanding, and be made aware of at all aspects of Ed Games (Benchball, Dodgeball, Handball.)

Students will understand the workings of team sports and the progression towards better team play.

Invasion Games



Spring Term 2

KNOWLEDGE

Students will develop understanding, and be made aware of at all aspects of invasion games

Students will understand the workings of the techniques and tactics needed to develop team skills.

Striking Games

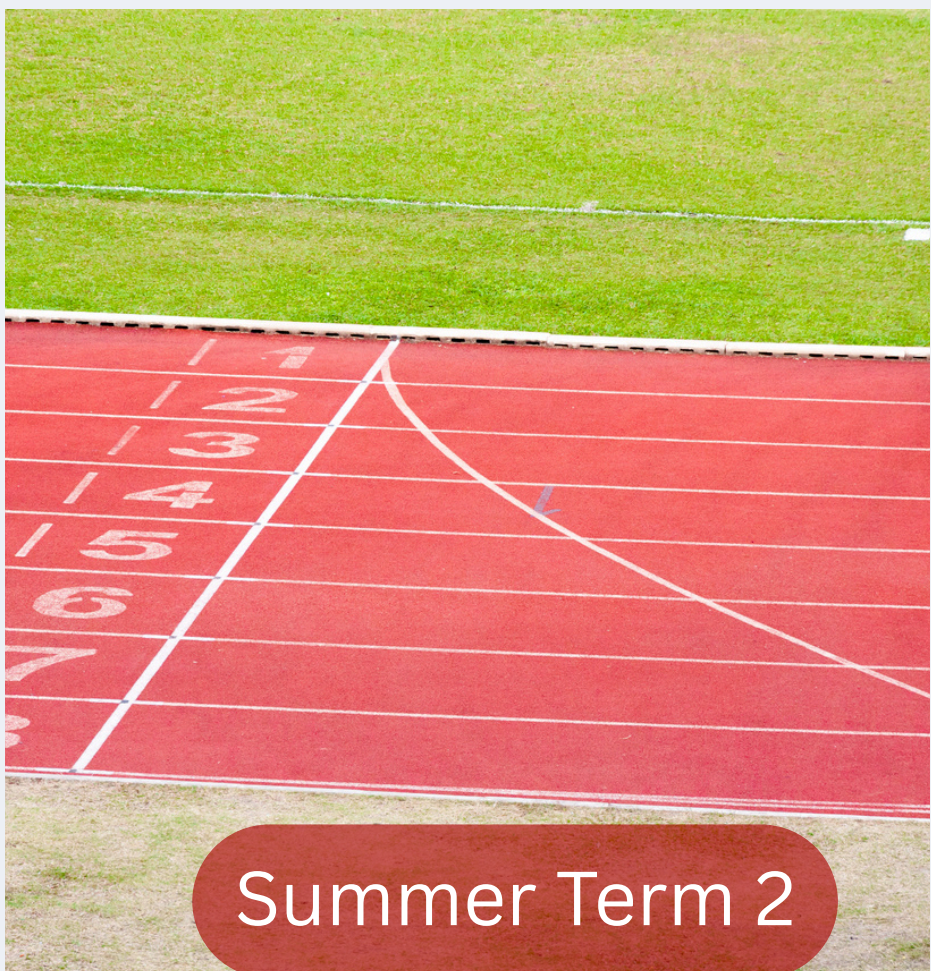


Summer Term 1

Knowledge

Students will look at all aspects of the striking games. Looking at how we can effectively perform in both individual and team sports.

Athletics



Summer Term 2

Knowledge

Students will look at all aspects of Athletics. Looking at how target setting can effect our performance and improve PBs..