

PHYSICAL EDUCATION

Year 8 Focus - Skill consolidation and application. Theory Development.

Softball, cricket, rounders, basketball, handball

● **How do I strike the ball?**

Athletics - Track and Field events

● **What happens to my body when I exercise?**

Dance, Gymnastics and OAA

● **How do bones and muscles work together?**

Netball, dodgeball and fitness

● **How do I improve my fitness?**

Table Tennis and Badminton

● **How do my muscles work? Antagonistic pairs.**

Rugby and football

● **How do our bones help us perform? Movement**

Baselines - Standards and expectations

YEAR 8