

PE – Y8 Term 5

What are we learning this half-term?

This half-term students will be covering Ultimate Frisbee and Striking & Fielding. Within those lessons we will be looking at the following skills:

Ultimate Frisbee	Striking and Fielding
<ul style="list-style-type: none">• Basic Rules of Ultimate Frisbee• Basic Grip• Throwing Techniques• Catching Techniques• Strategies and Tactics	<ul style="list-style-type: none">• Basic Rules• Ball familiarisation, throwing and catching• Striking skills• Fielding Skills• Bowling Skill• Strategies and Tactics

Students will be recapping the key skills and developing their knowledge on from year 7 to demonstrate how the different skills can be used most effectively within game play. As we aim to develop our students holistically, we will also be focusing on students' coaching, leadership and teamwork skills. This will be achieved through the opportunities for students to participate, officiate and act as a coach in these sports.

Resources you can use at home

Ultimate Frisbee Club

Striking and Fielding Club

BBC Bitesize – Methods of Training - <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>



Optional home learning tasks

Practise skills learned in lessons

BBC Bitesize – Methods of Training - <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>

Below are some examples of exam style questions from the theoretical content covered so far:

- Explain why Football Goal Keepers require high levels of Reaction Time (2)
- Define Balance (1)
- State a specific sporting example that requires balance (1)
- Identify the main muscles (antagonist pair) used within a bicep curl (2)
- Describe and give specific examples of the 3 stages of a warmup (6)
- Describe and give specific examples of the 2 stages of a cool down (4)
- Identify the features of Circuit Training (4)
- Using your own choice of training method, explain how you would improve a marathon runners performance (6)