

# P.E.

## Mission Statement

We at Ratton School intend to get pupils interested in a fit and healthy lifestyle, by giving them a broad range of physical concepts and processes. We aim to develop skills which can be used after leaving school, fostering a lifelong interest in physical activity.

# Year 8

Module Title	Module Overview
<b>Games</b>	Developing basic skills to outwit opponents Applying simple tactics and strategies Developing basic attacking and defending skills
<b>Fitness</b>	Developing a range of components of fitness Considering how we can measure fitness and improve it
<b>Football</b>	Developing passing, receiving and control skills Applying appropriate attacking and defending tactics Considering what muscles and bones are used in certain actions
<b>Rugby</b>	Developing passing, receiving and running with the ball Performing tackles with correct technique Considering how muscles work together to perform movement
<b>Netball</b>	Developing passing, receiving and footwork skills Applying basic attacking and defending tactics Considering what types of joints there are in the body
<b>Badminton</b>	Developing basic range of shots within the game Demonstrating movement around the court Considering what movements can happen at joints
<b>Gymnastics</b>	Refining and developing basic travel, jump, turn, inversion and balance movements Creating sequences of replication Considering components of fitness needed in gymnastics
<b>Trampolining</b>	Developing control bounces and basic rotational movements Creating sequences and linking them with control Considering the planes of movement
<b>Table Tennis</b>	Developing hand-eye co-ordination Developing basic shots used more frequently in a game situation Considering how co-ordination affects the game
<b>Handball</b>	Developing passing, receiving and control skills Applying appropriate attacking and defending tactics Considering how the heart works in the provision of O <sub>2</sub>
<b>Cricket</b>	Developing fielding skills and tactics Developing batting skills Considering how muscles work together to perform movement in bowling

<p><b>Rounders</b></p>	<p>Developing fielding skills and tactics          Developing batting skills          Considering what muscles and bones are used in certain actions</p>
<p><b>Athletics</b></p>	<p>Developing speed, distance and height          Applying skills to competitive situations          Considering components of fitness needed in athletics</p>
<p><b>Tennis</b></p>	<p>Developing hand-eye co-ordination          Developing basic shots used more frequently in a game situation          Considering how the heart works in the provision of O<sub>2</sub></p>
<p><b>Stoolball</b></p>	<p>Developing fielding skills and tactics          Developing batting skills          Considering what movements can happen at joints</p>