

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

<p>Rounders</p>	<p>Developing fielding skills and tactics Developing batting skills Considering what muscles and bones are used in certain actions</p>
<p>Athletics</p>	<p>Developing speed, distance and height Applying skills to competitive situations Considering components of fitness needed in athletics</p>
<p>Tennis</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 O₂</p>
<p>Stoolball</p>	<p>Developing fielding skills and tactics Developing batting skills Considering what movements can happen at joints</p>