

YEAR 8 PE:

AUTUMN & SPRING TERM TOPICS

- Volleyball, Rugby, Netball, Dance, Lacrosse, Fitness
- Passing and receiving
- Simple techniques, strategies and tactics applicable to small-sided situations
- Refining and extending the skills previously learned, moving towards the recognised version of the game
- Understanding the basic responsibilities of the various playing positions
- Planning attacking and defending tactics within a team situation