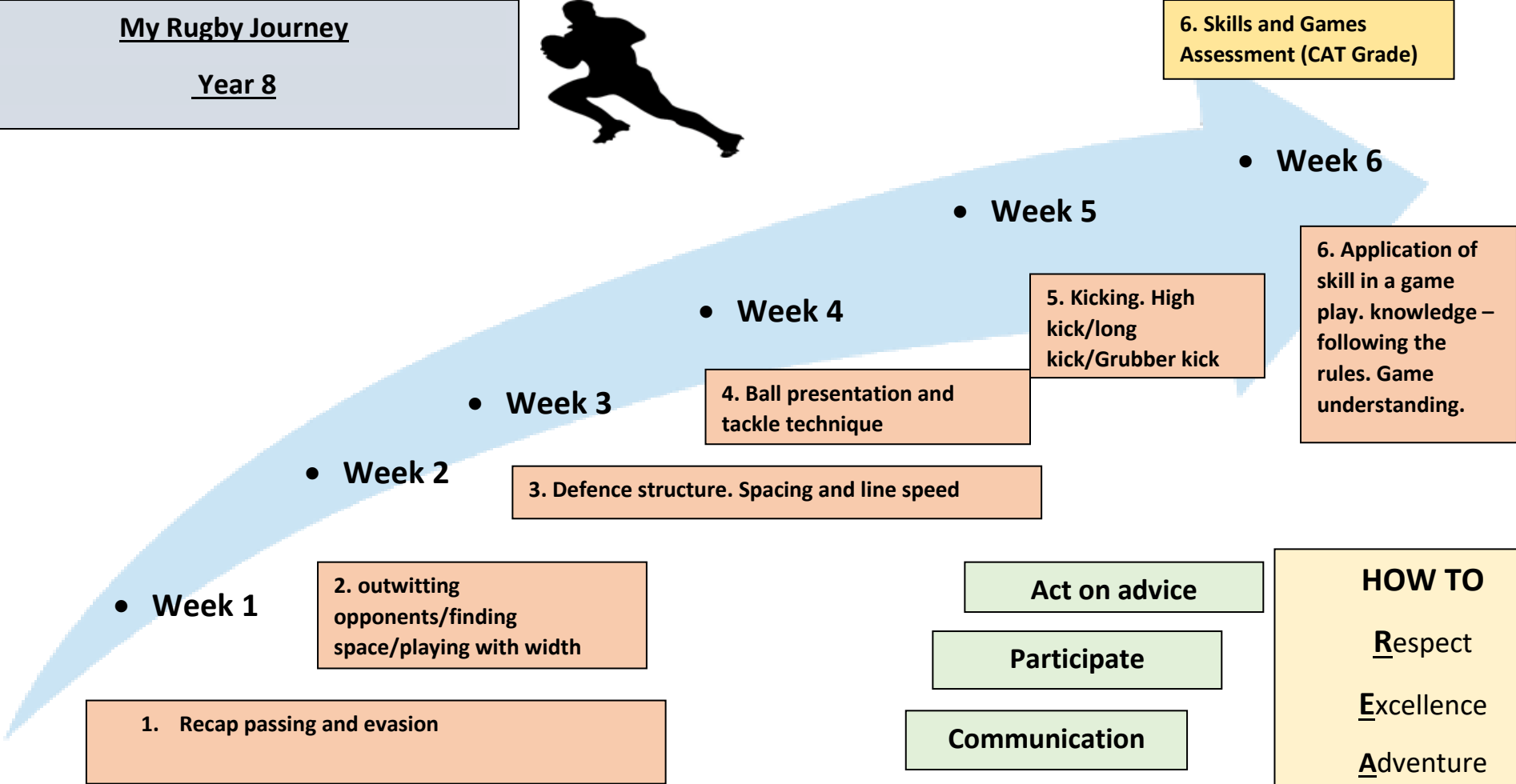


My Rugby Journey
Year 8



• **Week 1**

1. Recap passing and evasion

2. outwitting opponents/finding space/playing with width

• **Week 2**

3. Defence structure. Spacing and line speed

• **Week 3**

4. Ball presentation and tackle technique

• **Week 4**

5. Kicking. High kick/long kick/Grubber kick

• **Week 5**

6. Application of skill in a game play. knowledge – following the rules. Game understanding.

6. Skills and Games Assessment (CAT Grade)

HOW TO

- Respect
- Excellence
- Adventure
- Commitment
- Honesty

IN RUGBY

Act on advice

Participate

Communication

Resilience

Teamwork

My Hockey Journey

Year 8

• **Week 1**

1. Dribbling – changing speed and direction under control

• **Week 2**

2. Passing and receiving on the move with power

• **Week 3**

3. Defending – intercepting and jab tackling

• **Week 4**

4. Shooting for power and accuracy over varying distances

• **Week 5**

5. Rules, roles and positions in a competitive game

• **Week 6**

6. Application of skills to a game – playing and umpiring a hockey match

6. Skills and Games Assessment (CAT Grade)

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN HOCKEY



My Netball Journey

Year 8

6. Skills and Games Assessment (CAT Grade)

• Week 6

6. Application of skill & game play knowledge – playing and umpiring

• Week 5

5. Developing shooting techniques and circle tactics

• Week 4

4. Defence tactics & intercepting – Stage 1, 2 & 3

• Week 3

3. Decision making – Attacking tactics on and off the ball

• Week 2

2. Developing Footwork skills

• Week 1

- Recap the importance of a warm up
- Develop passing – timing, signalling, passing in front

Act on advice

Participate

Communication

Resilience

Teamwork

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN NETBALL



My Health-Related Fitness Journey

Year 8

6. Fitness Testing Assessment (CAT Grade)

• Week 6

1. Effects of exercise on your mental health and well-being: Core stability, flexibility & yoga
2. Fitness Re-testing and Assessment

• Week 5

SAQ Training

• Week 4

Cardiovascular Endurance and - Rowing

• Week 3

High Intensity Interval Training & Training zones

• Week 2

Muscular Endurance and Circuit Training

• Week 1

1. Fitness Testing and the importance of a healthy active lifestyle
2. Effects of exercise on your heart rate: Cardiovascular Endurance

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN HRF



My Badminton Journey

Year 8

Skills and Games Assessment (CAT Grade)

• **Week 6**

Singles match play, applying shots & basis tactic

Plus Assessment

• **Week 5**

Doubles and singles play

• **Week 4**

Disguised shots (drop and flick)

• **Week 3**

The smash

• **Week 2**

Clearing the shuttle

• **Week 1**

Ready position and serve

Effective listening

Participation

Communication

Resilience

Decision Making

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN Tennis



My Gymnastics Journey

Year 8

Skills and OGCU
Assessment (CAT Grade)

• **Week 6**

Assessment –
incorporating all
skills into
sequence

• **Week 5**

Flight
(with
shapes)

• **Week 4**

Pair and trio
balances

• **Week 3**

Inversion

• **Week 2**

Rolls and Rotation

• **Week 1**

Fundamental shapes and balances

Reflective

Participation

Resilience

Communication

Creativity

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN Gymnastics



My Tennis Journey

Year 8

**Skills and Games
Assessment (CAT Grade)**

• **Week 6**

Singles match play,
applying shots &
basis tactic

Plus Assessment

• **Week 5**

Doubles, applying
rules & scoring

• **Week 4**

Attacking play/shots

• **Week 3**

Serving and returning

• **Week 2**

Developing consistency
(and placement of groundstroke)

• **Week 1**

Grip/ball familiarisation & basic groundstrokes

Effective listening

Participation

Communication

Resilience

Decision Making

HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN Tennis



Start

By the end of year 8 I will have competed the following:



Shot put

- I can accurately replicate the technique for an effective shot and start to show a shuffle.
- Understand the rules regarding throwing and landing.

Long Jump

- I can replicate the technique for an effective long jump.
- I can explain how I can produce a powerful jump and what shape my body should be mid-flight.

Javelin

- I can accurately replicate the technique for an effective standing throw and show stride patterns into their throw
- Perform the event and record the distance achieved.

My Year 8 Athletic Journey

Athletics soft skills, I can:

- Perform and record distances/ times for the event.
- Understanding the rules and safety for throwing and landing events.

Sprints 100/200m

- To perform a basic technique for an effective sprint race.
- I can explain/ demonstrate a standing sprint start.

Relay 4X100m

- I can accurately replicate the down/ upsweep in the changeover of batons.
- I can make decisions of pupils positioning around the track in regard to their strengths.

Middle distance 800m

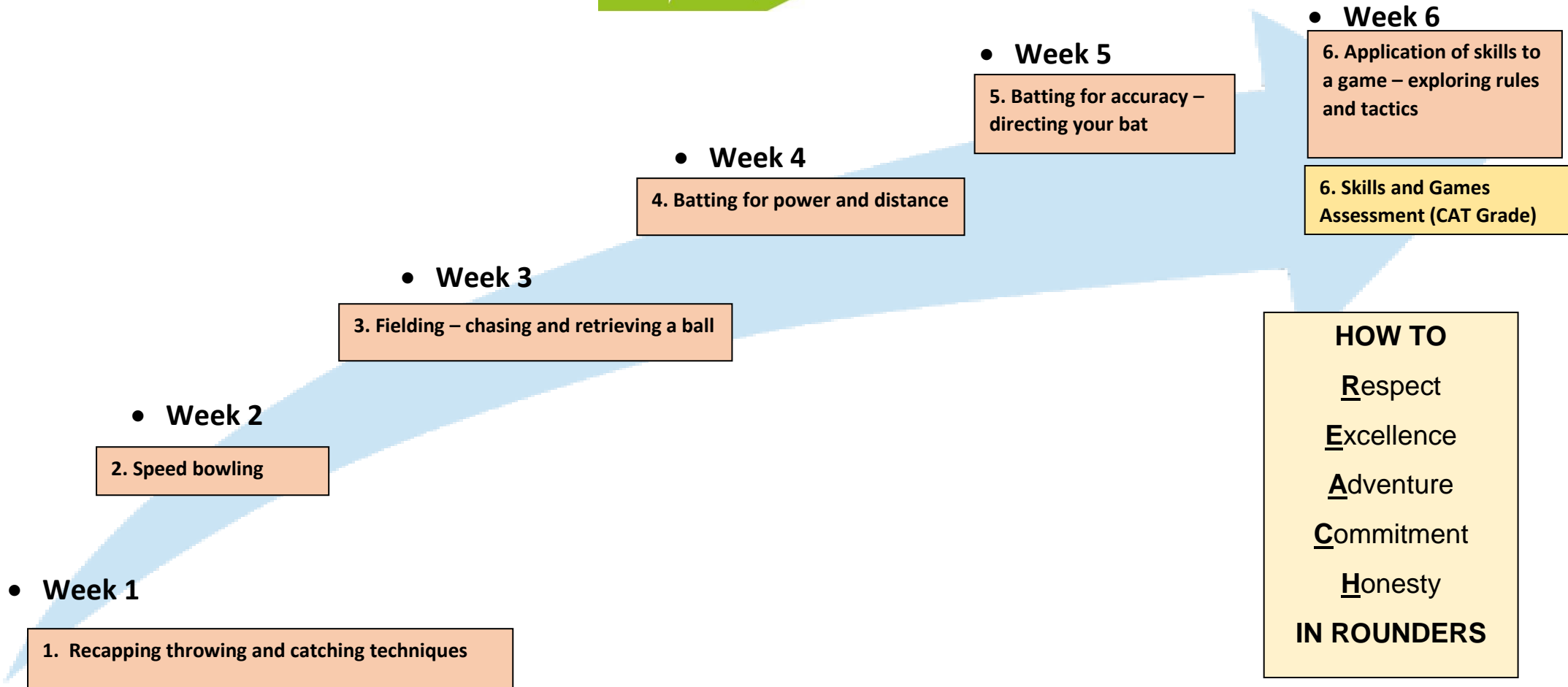
- I can accurately replicate basic technique for an effective pace
- I can pace myself during the 800m, showing control and accuracy in my technique.

High Jump

- I can state explain how to perform a Fosbury flop and explain the advantages of it.
- I can explain how my body should be mid-flight.

My Rounders Journey

Year 8



My Cricket Journey
Year 8

Honesty

- Being truthful about your effort and performance.
- Sticking to the rules and etiquette of the activity.
- Communicating openly with teachers, coaches and each other.

6. Skills and Games Assessment (CAT Grade)

• **Week 6**

6. Game play - Application of skill & game play knowledge.

• **Week 5**

5. Batting calls and basic field

• **Week 4**

4. Bowling-Run up development

• **Week 3**

3. Batting- Pull Shot

• **Week 2**

2. Batting-Drive Shot

• **Week 1**

1. Fielding techniques

Act on advice

Participate

Communication

Resilience

Teamwork

