

Year 8 - PE: Netball



Key Vocabulary:

Pivot	Swivel or turn on your landing foot to change direction.
Receiving	Catching a ball that has been thrown to you.
Throw/pass	Propel a ball through the air by a forward motion of the hand and arm for a team mate to catch.
Jump stop	Jumping and landing on both feet at the same time.
Footwork	On receiving the ball, a player lands on one foot and can then pivot using the other foot.
Shooting	From the semi-circle, GS or GA propels the ball up towards the net aiming for a goal.
Defend	Stop the attacking team by marking your player or making it difficult to execute a pass.
Movement	Getting into positions on the court to support your teammates in possession.
Opposition	The team you are playing against.

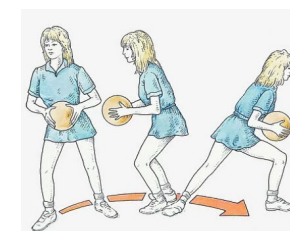
Key knowledge of Technical Skills:



Ball Familiarisation



Footwork



Pivoting



Shooting



Defend



Throwing



Receiving



Opposition

Heart Character Values:

Year 8 Values: 'Playing your part'



Responsibility

To take ownership and accountability



Compassion

Showing concern and understanding for others



Perseverance

To keep trying despite difficulties or delays in achieving success.

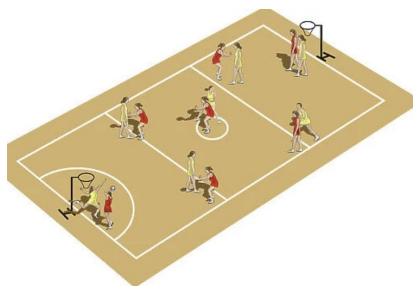
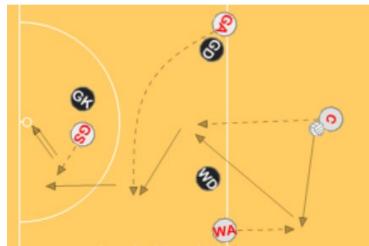


Pivoting	<ul style="list-style-type: none"> • Jump and land on the ball of one foot. • Pivot by rotating yourself on the ball of your landing foot. • Use your non landing foot to move you round.
Receiving	<ul style="list-style-type: none"> • Keep your head up and focus on the ball. • Extend your arms towards the ball with hands spread. • Watch the ball all the way into your hands.
Passing/ Throwing	<ul style="list-style-type: none"> • Hold the ball in one or two hands with fingers spread. • Propel or push the ball towards your receiver/player.
Defending	<ul style="list-style-type: none"> • Face your player no closer than a meter. • Try and block their pass with your arms.
Shooting	<ul style="list-style-type: none"> • Feet are shoulder width apart, facing the net. • Place your shooting hand underneath the ball and your non-shooting hand to the side. • Bend your knees and arms. Extend both towards the goal.

Year 8 - PE: Netball



Key knowledge of Tactics and Strategies :



Basics of shooting	Only GA and GS can shoot and that must be from inside the semi- circle. The ball is held in both hands. The arc or trajectory of the ball needs to be high in order to be able to drop into the ring. The power comes from your legs and arms.
Basics of defending	This can be done on the court but particularly in the semi -circle when your player is shooting. Face your player. Make yourself tall and use your arms to try and prevent the shot or pass.
Movement and getting free	To get free from your player you will need to change direction with speed and outwit your opponent with your body movements. Move into space on the court ready to receive a pass.

Key knowledge of Rules and Regulations:

Starting a game	<ul style="list-style-type: none"> A game is started with a center pass. All players, other than C must be outside the center third.
Footwork	<ul style="list-style-type: none"> When receiving the ball, jump and land one foot followed by the other. If you lift and put down the landing foot that is footwork. A free pass is awarded.
Out of play	<ul style="list-style-type: none"> When the ball goes off the court it is called 'out of play'.
Obstruction	<ul style="list-style-type: none"> When defending a player with the ball you must stand a meter away. Any closer and that is obstruction. A penalty pass is awarded.
Contact	<ul style="list-style-type: none"> You are not allowed to touch another player in netball. If you do it is called 'contact'. A penalty pass is awarded.
Offside	<ul style="list-style-type: none"> Players in netball are only allowed in certain areas of the court. If a player goes into an area they are not allowed, this is called 'offside'. A free pass is awarded.
Held ball	<ul style="list-style-type: none"> When you have held onto the ball for more than 3 seconds

Learning Checklist:

- I can pass the ball accurately to a teammate (shoulder and chest)
- I can receive a ball whilst moving
- I can shoot from a close range partly defended
- I can land on one foot followed by the other and stop

Learning Checklist:

- I can dodge to lose my player and move into space
- I can apply the key character values of respect, self-management and teamwork in netball
- I can play a small sided netball match, following the basic rules

Year 8 - PE: Athletics (Field Events)



Key Vocabulary:

Javelin	This is a light spear that is thrown as far as possible
Shot Put	This is a spherical metal ball that should be thrown or 'put' as far as possible
Discus	This is a small disc of different weights that is thrown as far as possible
Throwing Zone	This is where the participant will stand to throw the throwing item
Landing Zone	This is the area where the throwing item is thrown towards and lands
Safety zone	This is the area where the non-throwing participants wait to be called forward for their throw.

Key knowledge of Technical Skills:



Javelin



Shot Put



Discus

Javelin

- Stand side on, feet about shoulder width apart with non-throwing arm foot forward. Weight should be on the back foot.
- Grip javelin at the rim of the binding and hold javelin back with extended arm and palm facing up.
- Start movement by rocking onto back foot then transfer weight forward onto front foot, turning the hip through.
- Keep the elbow above the shoulder and pull the javelin through after the legs have moved, aiming to release the javelin at about a 45° angle

Shot Put

- Hold the shot with the middle three fingers spread across the shot and the thumb and little finger either side.
- Hold the shot under the chin, against the neck with elbow raised.
- Stand sideways on to the throw with weight on back foot, chin-knee-toe all in line.
- Keep the elbow high.
- **Push** the arm forward long and high, extending the elbow. Rotate the hip through at the same time.

Discus

- Hold the discus by spreading the fingers across the top with fingertips gripping over the edge.
- Stand sideways on to the throwing direction.
- Rotate the body and swing the discus back behind the body.
- Rotate the body back round and pull the throwing arm through 'last and fast'
- Release the discus off the index finger.

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

To treat others fairly and correctly

Year 8 Values: 'Playing your part'



Responsibility

To take ownership and accountability



Compassion

Showing concern and understanding for others



Perseverance

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Year 8 - PE: Athletics (Field Events)



Further Support and Extended Learning:



Javelin
[Click Here](#)



Shot Put
[Click Here](#)



Discus
[Click Here](#)

Health and Safety:

Safe handling of throwing equipment	Your teacher will show you how to safely carry and hold throwing equipment. You must always hold and carry the equipment exactly as you have been told.
Throwing zone.	The throwing zone is where the person throwing will stand. The teacher will initiate the throw, and no one should throw until their teacher tells them to.
Landing zone	This is where the throwing implement will land. No one must enter the landing zone until their teacher instructs them to. Your teacher will tell you when to collect your throwing implement.
Safety Zone	This is where you will stand when you are waiting for your turn to throw. This will be positioned a safe distance back from the throwing zone. You must not enter the throwing zone until your teacher tells you to.

Key knowledge of Rules:

Foul line	<ul style="list-style-type: none"> In athletics throwing events, the athlete must not step over the foul line at any point. If they do this it will be a 'no throw' and will not count.
Javelin	<ul style="list-style-type: none"> The javelin must land tip first and cannot land tail first The distance will be measured from where the tip first hits the ground
Discus	<ul style="list-style-type: none"> The discus must be released from one hand The distance for the throw will be measured from where the discus first hits the ground.
Shot Put	<ul style="list-style-type: none"> The shot must be pushed and should not drop below the shoulder at any time The distance will be measured from where the shot first hits the ground.

Learning Checklist:

- I understand the health and safety requirements for athletics field events
- I know how to safely handle athletics throwing equipment
- I understand the technique to throw a javelin

Learning Checklist:

- I understand the technique to throw a shot put
- I understand the technique to throw a discus
- I understand where the distance of my throw will be measured from for javelin, shot put and discus

Year 8 - PE: Athletics (Track events)



Key Vocabulary:

Take your marks, set, go	This is the call that is given by the starter official to begin the race.
Sprint	This is where you run at a maximum speed
Endurance	This is the ability to remain active for a sustained period of time.
Pacing	This is running at a suitable speed during middle and long distance events in order to complete the race without stopping.
Relay	An event where you pass a baton to your team member at set distances
Finish	This is the end of the race. You should aim to complete the race in the fastest time.
Baton	This is a short metal tube that is passed between the runners in a relay race.

Key knowledge of Technical Skills:



Sprint start (Crouched) Sprint start (Standing) Endurance running Relay changeover

Sprint running 100m/200m	<ul style="list-style-type: none"> • Body should be straight and vertical • Elbows should have a bend of approximately 90 degrees and arms pump backwards and forwards, hands move from “hip to lip” • Drive knee high and drive the front foot forwards.
Sprint starts (Standing)	<ul style="list-style-type: none"> • Toe placed just behind the start line with one leg in front of the other • Bend your knees slightly and lean forward at the hips. • Arm on the opposite side of front leg to be forward and the other arm back • Push forward off front foot
Sprint starts (Crouched)	<ul style="list-style-type: none"> • Start crouched with your fingers placed behind the start line. • Lift your knee off the ground keeping your fingers just behind the line. • Push off your front foot and drive your back leg forward to propel your body forward.
Endurance running (800m/1500m)	<ul style="list-style-type: none"> • Body should be up straight when running • Head should be still, looking forwards when running • Knees do not drive too high • Arms move relaxed from waist to chest
Relay changeover	<ul style="list-style-type: none"> • As the receiving runner you should start running as your teammate approaches • Hold your open hand out behind whilst looking forward. • Incoming runner to place the baton into the open hand.

Year 7 Values: 'Social belonging'



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Year 8 - PE: Athletics (Track events)



Key knowledge of Tactics and Strategies :



Running through the finish line



Pacing



Relay running order

Running through the finish line	To achieve your fastest possible time in a sprint race you must ensure that you run through the finish line at your maximum speed. Only slow down when the race is finished.
Pacing	Pacing involves strategic management of the speed you are running over the course of a race. In a middle to long distance race you should run at an appropriate speed so that you can complete the race without stopping or walking.
Relay running order	In a relay race the order of the runners can impact the overall result. Strategy must be used to determine the running order of where to place fastest runners.

Key knowledge of Rules and Regulations:

Starting a race	A race is started by the starter official. They will give a call "take your marks, set, go" On go you should accelerate away.
False start	If you begin a race before the call "go" this is deemed a false start. The race will not begin, and you may be disqualified.
Running in lane	You must stay in your lane at all times during certain athletics track events (100m, 200m, 400m). If you leave your lane you may be disqualified.
Finishing a race	You will finish the race when your torso (trunk of the body) crosses the line.
Relay race	The team of runners must exchange the baton at set intervals. To complete the race the baton must stay in the lane and the final runner will run across the line with it.
Dropping the baton	If the baton is dropped and leaves the running lane the team is disqualified from the race.

Learning Checklist:

- I can start a race using an appropriate starting technique (standing or crouched)
- I understand and can apply the correct running technique for sprint races or endurance races

Learning Checklist:

- I understand the importance of pacing in endurance races and can apply this.
- I understand the correct technique for a relay changeover

Year 8 - PE: Rounders



Key Vocabulary:

Bowl	The ball is thrown towards the batter by the bowler from the bowling square.
Stump	A player on a post catches the ball and hits the post with the ball before the batter gets there.
Contact	When you stop at a post and touch the post with your bat whilst waiting there.
Obstruction	When you are running and a player from the other team gets in your way.
Long barrier	A method of stopping the ball by dropping to the ground making a long barrier with your lower leg.
Backward hit	When a batter hits the ball behind them the umpire will call 'backward hit'.
Fielding	When your team are not batting. You play either out in the field, post, bowler or back stop.
Back stop	A fielding position where you stand behind the batter and field the ball if the batter misses it or hits behind.

Heart Character Values:

Year 8 Values: 'Playing your part'



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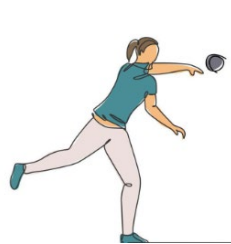


Perseverance

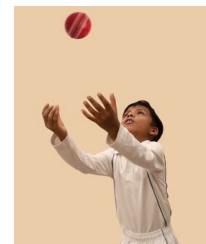
To keep trying despite difficulties or delays in achieving success.



Key knowledge of Technical Skills:



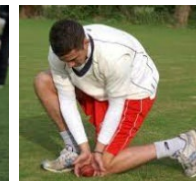
Overarm throw



Catching



Bowling



Rolling ball pick up



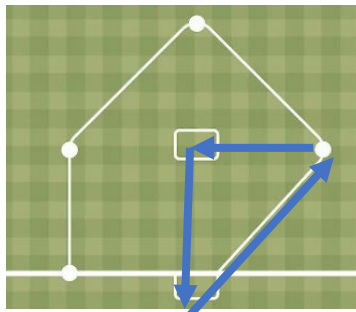
Batting (direction)

Overarm Throw	<ul style="list-style-type: none"> Stand sideways on to target. Take throwing arm back behind Propel arm forwards and aim at receiver On release hand should be pointing up (follow through)
Catching (High/Low)	<ul style="list-style-type: none"> High catch – watch the ball and raise both hands so that thumbs are together (make a cup shape) Low catch – watch the ball and lower both hands so that little fingers are together (make a cup shape)
Bowling (applying spin)	<ul style="list-style-type: none"> Hold the ball in your fingers and step forwards onto your opposite foot to release the ball towards the batter. Spin bowling – hold the ball in your fingers and use your wrist to turn the ball as you release it.
Batting (changing direction)	<ul style="list-style-type: none"> To change the direction in which you hit stand in the box turning either slightly left or right. This will allow you to hit in the direction of 1st or 4th base.
Rolling ball chase and pick up	<ul style="list-style-type: none"> Chase the rolling ball Put your body in line with the ball and collect the ball on the outside of your throwing arm foot. Turn and complete an overarm throw action

Year 8 - PE: Rounders



Key knowledge of Tactics and Strategies :



Batting direction

Which base when fielding?

The fielding triangle

Batting direction	By adjusting the way you stand in the batting box you can hit the ball in different directions. For example, if you face more to the right you can hit the ball in the direction of first post.
Which base to throw to when fielding	The main priority is to stop a player scoring so when deciding which post to throw to you need to think about which player is about to or can score. For example, a player who has just batted and is running to 2 nd post can score there so throw the ball to 2 nd .
The fielding triangle	The bowler, backstop and first post can, if they work well together, get any player out who misses the ball by quickly and accurately throwing the ball to first post.

Key knowledge of Rules and Regulations:

½ rounder	<ul style="list-style-type: none"> • 2 no balls • Miss and get to fourth post without stopping • Hit the ball and get to second • Obstruction
1 rounder	<ul style="list-style-type: none"> • Hit and get to fourth post without stopping
No ball	<ul style="list-style-type: none"> • When the bowler has bowled the ball
Staying in contact with base	<ul style="list-style-type: none"> • When deciding to stop at a base you must keep contact with the post with either your bat or hand. • If you do leave you cannot go back.
Backward hit	<ul style="list-style-type: none"> • If the ball is hit backwards you can only run to 1st post UNTIL the ball is fielded forwards and then you can run on.
Overtaking	<ul style="list-style-type: none"> • If a batter overtakes another player who is standing at a post, then the player overtaking is out.
Obstruction	<ul style="list-style-type: none"> • If, whilst running, a player from the other team gets in your way, you will be awarded ½ rounder.

Learning Checklist:

- I can apply the technique for an overarm throw
- I can field at a base correctly
- I can apply a consistent bowling technique
- I understand how to apply spin to my bowling

Learning Checklist:

- I can apply the correct batting technique and understand how to change the direction of the ball when batting
- I can pick up a static and rolling ball from the ground with appropriate technique
- I have an increased knowledge of the rules of rounders

Year 8 - PE: Cricket



Key Vocabulary:

Bails	2 bails sit on top of the stumps and must be dislodged when a batter is bowled or run out
Non striker	The batter in the pair that is waiting at the opposite end to the ball being bowled.
Crease	The crease is the area in front of the stumps that the batter must stand to be considered 'in'.
Pick and throw	A technique used by fielders to pick up and throw the ball in quickly to limit runs/run a batter out
Off side	The right hand side of the field to the batters dominant batting hand.
Leg side	The left hand side of the field to the batters dominant batting hand.
Backing up (batting)	The non striker backs up their partner by proactively walking down the crease in anticipation of a run.
Backing up (fielding)	A strategy where a fielder will move into a position behind their team member receiving the ball in case they miss it.

Heart Character Values:

Year 8 Values: 'Playing your part'



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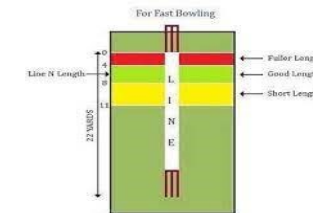
Key knowledge of Technical Skills:



Overarm throw



Catching



Bowling



Rolling ball pick up



Batting (front/back foot)

Overarm Throw	<ul style="list-style-type: none"> Start by standing sideways on to the target. You should take throwing arm back behind and then propel the arm forwards and aim at receiver. You should step forward into the throw and on release the hand should be pointing up (follow through).
Catching (High)	<ul style="list-style-type: none"> Watch the ball and get body underneath the flight of it. Raise both hands so that thumbs are together (make a cup shape) and bring the ball down to the shoulder.
Bowling (line and length)	<ul style="list-style-type: none"> Apply the bowling technique (see year 7 knowledge organiser) Adjust the time that you release the ball to change the length (earlier or later release).
Batting (front foot and back foot)	<ul style="list-style-type: none"> Either bring weight to the front or back foot depending on the length and speed of a delivery For front foot, step weight forward and move towards ball For back foot, step back onto back foot moving back from ball.
Rolling ball pick up and throw	<ul style="list-style-type: none"> Chase the rolling ball Put your body in line with the ball and collect the ball on the outside of your throwing arm foot. Turn and complete an overarm throw action

Year 8 - PE: Cricket



Key knowledge of Tactics and Strategies :



Batting direction



End selection when fielding



Backing up

Batting direction	Selecting the appropriate direction of shot to maximise runs that you are able to make. This should target gaps/weaknesses in the fielding team.
End selection when fielding	Selecting which end to throw the ball to depending on where the batters are situated. This should be with the aim to either run an opponent out or restrict their runs scored.
Backing up when batting	Batters can maximise the amount of runs scored by walking down the crease as the ball is bowled. This makes for more efficient running between the wickets.

Key knowledge of Rules and Regulations:

No ball	<ul style="list-style-type: none"> A no ball is any delivery by the bowler deemed ineligible or to have broken a bowling rule. Penalty runs are awarded.
Wide ball	<ul style="list-style-type: none"> A delivery by the bowler that is deemed too far outside the batter's hitting reach. Penalty runs are awarded.
Crease	<ul style="list-style-type: none"> The area to which a batter must remain to be considered 'in'.
Boundaries	<ul style="list-style-type: none"> The circumference of the fielding area. A ball struck over the boundary without bouncing scores 6 A ball struck over the boundary after bouncing scores 4
Overs	<ul style="list-style-type: none"> An over consists of 6 bowler deliveries After each 'over' a different bowler must resume play
Cricket formats	<ul style="list-style-type: none"> Limited overs cricket follows a pre-determined time frame e.g. 20 or 50 overs per batting team A test match lasts 5 days and each batting team continues until all players are out.

Learning Checklist:

- I can apply the technique for an underarm and overarm throw
- I can catch balls from varying heights
- I can apply a consistent bowling technique
- I understand how to change the length and line of my bowling

Learning Checklist:

- I understand batting off the front and back foot
- I can pick up a static and rolling ball from the ground with appropriate technique and throw
- I have an increased knowledge of the rules of cricket