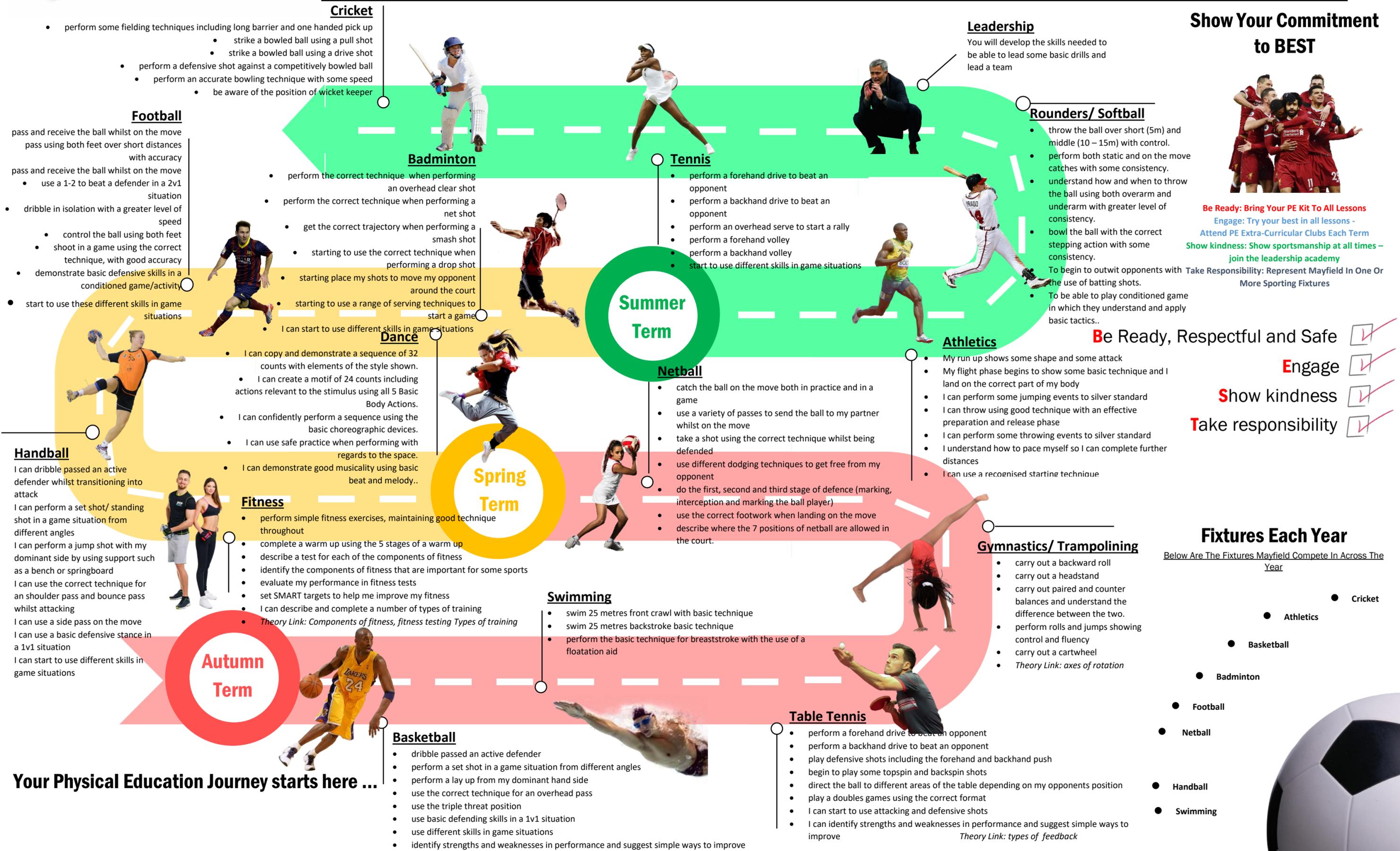


The Mayfield School Physical Education Journey

Year 8 – Progressing in Physical Education – Applying skills under pressure and in conditioned games – developing a knowledge of tactics and strategies – suggesting ways to improve performance



Cricket

- perform some fielding techniques including long barrier and one handed pick up
 - strike a bowled ball using a pull shot
 - strike a bowled ball using a drive shot
- perform a defensive shot against a competitively bowled ball
 - perform an accurate bowling technique with some speed
 - be aware of the position of wicket keeper



Leadership

You will develop the skills needed to be able to lead some basic drills and lead a team

Rounders/ Softball

- throw the ball over short (5m) and middle (10 – 15m) with control.
- perform both static and on the move catches with some consistency.
- understand how and when to throw the ball using both overarm and underarm with greater level of consistency.
- bowl the ball with the correct stepping action with some consistency.
- To begin to outwit opponents with the use of batting shots.
- To be able to play conditioned game in which they understand and apply basic tactics..

Show Your Commitment to BEST



- Be Ready: Bring Your PE Kit To All Lessons**
- Engage: Try your best in all lessons - Attend PE Extra-Curricular Clubs Each Term**
- Show kindness: Show sportsmanship at all times – join the leadership academy**
- Take Responsibility: Represent Mayfield In One Or More Sporting Fixtures**

Football

- pass and receive the ball whilst on the move
- pass using both feet over short distances with accuracy
- pass and receive the ball whilst on the move
 - use a 1-2 to beat a defender in a 2v1 situation
- dribble in isolation with a greater level of speed
 - control the ball using both feet
 - shoot in a game using the correct technique, with good accuracy
- demonstrate basic defensive skills in a conditioned game/activity
- start to use these different skills in game situations



Badminton

- perform the correct technique when performing an overhead clear shot
- perform the correct technique when performing a net shot
 - get the correct trajectory when performing a smash shot
- starting to use the correct technique when performing a drop shot
- starting place my shots to move my opponent around the court
- starting to use a range of serving techniques to start a game
- I can start to use different skills in game situations



Tennis

- perform a forehand drive to beat an opponent
- perform a backhand drive to beat an opponent
- perform an overhead serve to start a rally
- perform a forehand volley
- perform a backhand volley
- start to use different skills in game situations



Summer Term

Netball

- catch the ball on the move both in practice and in a game
- use a variety of passes to send the ball to my partner whilst on the move
- take a shot using the correct technique whilst being defended
- use different dodging techniques to get free from my opponent
- do the first, second and third stage of defence (marking, interception and marking the ball player)
- use the correct footwork when landing on the move
- describe where the 7 positions of netball are allowed in the court.



Athletics

- My run up shows some shape and some attack
- My flight phase begins to show some basic technique and I land on the correct part of my body
- I can perform some jumping events to silver standard
- I can throw using good technique with an effective preparation and release phase
- I can perform some throwing events to silver standard
- I understand how to pace myself so I can complete further distances
- I can use a recognised starting technique



Gymnastics/ Trampolining

- carry out a backward roll
- carry out a headstand
- carry out paired and counter balances and understand the difference between the two.
- perform rolls and jumps showing control and fluency
- carry out a cartwheel
- Theory Link: axes of rotation*

Be Ready, Respectful and Safe

Engage

Show kindness

Take responsibility



Handball

- I can dribble passed an active defender whilst transitioning into attack
- I can perform a set shot/ standing shot in a game situation from different angles
- I can perform a jump shot with my dominant side by using support such as a bench or springboard
- I can use the correct technique for an shoulder pass and bounce pass whilst attacking
- I can use a side pass on the move
- I can use a basic defensive stance in a 1v1 situation
- I can start to use different skills in game situations



Fitness

- perform simple fitness exercises, maintaining good technique throughout
- complete a warm up using the 5 stages of a warm up
- describe a test for each of the components of fitness
- identify the components of fitness that are important for some sports
- evaluate my performance in fitness tests
- set SMART targets to help me improve my fitness
- I can describe and complete a number of types of training
- Theory Link: Components of fitness, fitness testing Types of training*

Autumn Term



Basketball

- dribble passed an active defender
- perform a set shot in a game situation from different angles
- perform a lay up from my dominant hand side
- use the correct technique for an overhead pass
- use the triple threat position
- use basic defending skills in a 1v1 situation
- use different skills in game situations
- identify strengths and weaknesses in performance and suggest simple ways to improve

Swimming

- swim 25 metres front crawl with basic technique
- swim 25 metres backstroke basic technique
- perform the basic technique for breaststroke with the use of a floatation aid



Table Tennis

- perform a forehand drive to beat an opponent
- perform a backhand drive to beat an opponent
- play defensive shots including the forehand and backhand push
- begin to play some topspin and backspin shots
- direct the ball to different areas of the table depending on my opponents position
- play a doubles games using the correct format
- I can start to use attacking and defensive shots
- I can identify strengths and weaknesses in performance and suggest simple ways to improve
- Theory Link: types of feedback*



Fixtures Each Year

Below Are The Fixtures Mayfield Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Handball
- Swimming



Your Physical Education Journey starts here ...