

PE - YEAR 8

Gymnastics

Develop routines to music, with a focus on individual, pair and trio balances.

Rugby

Begin to apply tackling in competitive situations and develop tactics and strategies during games.

Handball

Advanced skills such as the jump shot and blocking. Develop tactical game play such as zonal marking and positioning.

Trampolining

Safety aspects as well as skills including jumps, twists and drops. Create routines using key terms

Table Tennis