



Holland Park School | *Year 8 Physical Education*



Overview	Students are given the opportunity to build on skills and techniques learnt in Year 7 and develop their knowledge of tactics within selected sports.
Assessment	Students are assessed in each sport on Key Performance Indicators (KPIs) including Performance, Tactics, Analysis, Leading a small group, Communicating Tactics, Role Model and self-reflection, Physical Fitness, Mental, Social and Physical Health and the Components of Fitness. The assessment is ongoing and different KPIs are focused on in different sports.
Key words	Warm up, cool down, defending and attacking, passing and moving, shooting and turning, dribbling and shielding, serving, cardiovascular fitness, muscular strength, muscular endurance.
Key dates	

Topics	Key content	Glossary link	Knowledge Organiser link
Football	Passing and moving, Dribbling and turning, Shooting, Defending, Attacking, Man to man, Gameplay		
Basketball	Passing and moving, Dribbling, Set shot, Lay ups, Man to man v Zone defence, Gameplay		
Netball	Passing and moving, Footwork, Positioning and penalties, Shooting, Creating space, Defending, Gameplay		
Handball	Passing and moving, Dribbling, Shooting, Jump shot, Zone defence, Use of a runner, Use of rush goalie, Gameplay		
Fitness	Continuous Training, Fartlek Training, Muscular Endurance, Muscular Strength, Flexibility, Interval Training		
Table Tennis	Backhand topspin, Forehand topspin, Serving top and backspin, Doubles play, Gameplay		
Athletics	Discus, Javelin, Shot Put, Sprinting, Relay, Pace running		
Rounders	Fielding, Bowling, Batting, Running bases, Positions, Gameplay		
Badminton	Serving and Overhead clear, Drop shot, Smash, Singles gameplay, Doubles gameplay, Net play		