



# The Altwood School Physical Education Journey Year 8 – Creating A Love For Physical Education

Sportsmanship Excellence

Leadership

## Show Your Commitment

**How many can you complete?**

- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent Altwood In One Or More Sporting Fixture



### Cricket

Your lessons will look at developing batting both core and advanced skills such as hook shots and the sweep, bowling both spin and fast, fielding taking catches and stumping and applying tactics within the game.

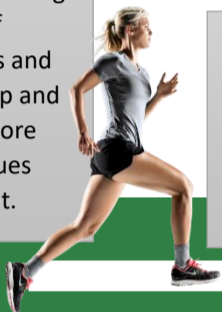


### Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game. You will develop your leadership skills such as setting up inter-house competitions!

### Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop and understanding of the core and advanced techniques required for each event.



### Rounders

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit. You will also take on the role of an official.



### Leadership

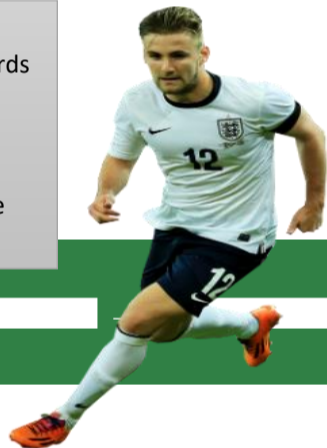
You will take on different leadership roles such as an official, organiser and class leader.



## Summer Term

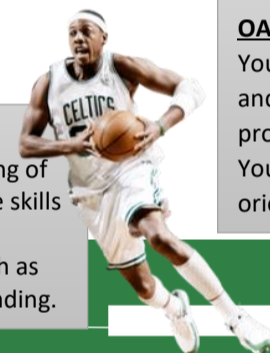
### Football

Your lessons will be tailored towards improving your range of passes, dribbling both dominant and non-dominant foot, shooting and both attacking/defensive aspects of the game.



### Basketball

You will develop an understanding of the game, whilst developing core skills such as passing, dribbling, and shooting and advanced skills such as beating an opponent and rebounding.



### OAA

You will be developing your team work and leadership skills as you solve problems in teams and individually. You will also learn the basics of orienteering!

#### 3 Tips for Effective Problem Solving

1. Not every problem solving is immediately successful.
2. Problem solving is a learned skill.
3. Not every problem-solving is successful in the way a team would like it to be.



## Spring Term

### HRF

You will learn about how to train for specific sports and matching training for individual needs.



### Handball

You will learn about passing stepping, footwork, shooting and tactics to outwit your opposition.



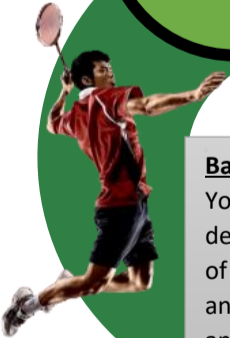
### Gymnastics

You will be developing the core and advanced components of a sequence on small and large apparatus, which focus on balances, rotations, travel and jumps.



### Badminton

Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game. You will develop your skills as an official and improve your co-ordination and agility.



### Netball

You will be learning about core skills of passing, footwork, shooting, positions, attacking and defending. Also advanced skills such as ball handling, rebounds, defence shadowing and interceptions.



## Fixtures Each Year

Below Are The Fixtures Altwood

Compete In Across The Year

Cricket

Athletics

Basketball

Badminton

Football

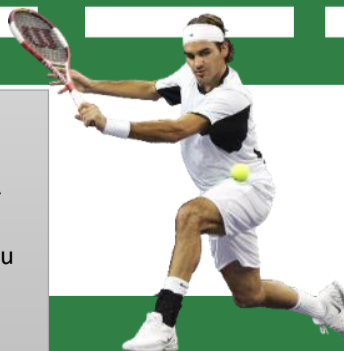
Netball

Tennis

## Autumn Term

### Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game. You will develop your leadership skills such as setting up inter-house competitions!



### Hockey

You will develop an understanding of the game, whilst developing core skills such as passing, shooting and dribbling. Also, advanced skills such as the slap and the flick.



Your Physical Education Journey starts here ...