

Knowledge Mat: PE - Year 8

Key Knowledge

Term 1 - Invasion Games

- Travelling/Dribbling.
- Changing pace and direction.
- Receiving from left and right.
- Dodging/getting free/markings.
- Shooting technique.



Term 2 - Fitness/Net

- Training methods (circuits, aerobics)
- Fitness tests (flexibility, muscular endurance)
- Varying direction and speed of shuttle
- Varying height and length of shuttle
- High Serve
- Scoring half-court game



Term 3 - Striking/Fielding/Athletics

- Techniques in running distances
- High Jump approach
- Throwing from modified start
- Striking low/high bowl with stick
- Bowling –vary speed
- Throwing/ overarm



Wider Experiences / Try To Do...

- **Take part** in Sports' Day
- **Play** for a school team
- **Join** a club
- **Watch** a new sport on TV



The **big** questions:

- Do You know how to score in a variety of conditioned games?
- Do you know how flexible you are?
- Do you know how to score in half court Badminton?
- Do you know how fast you can run over at several distances?
- Can you jump over the bar using a recognised technique?
- Can you throw, catch and hit a ball in a conditioned game with recognised equipment?

Vocabulary

Word - *Meaning*

Pace –

The speed in walking, running or moving.

Direction –

A course along which someone or something moves.

Receiving –

Take delivery of a ball or shuttle sent.

Dodging –

Avoid something or someone by a sudden movement.

Marking –

Stay close to an opponent in order to prevent them getting or passing the ball.

Conditioned games –

Set prior requirements on the game.

Circuits –

A series of athletic exercises performed in one training session.

Techniques –

A skilful way of achieving something.