

## Year 8 PE

Below are the topic areas covered over this academic year. Please use the resources to help improve and embed the learning you have completed in school.

<b>Autumn Term</b>	
<b>Topic Area</b>	<b>Resources</b>
Football	<a href="#">What is dribbling in football   England Football Learning</a> <a href="#">How to encourage running with the ball in football   England Football Learning</a> <a href="#">Why it's important to work on front foot passing   England Football Learning</a> <a href="#">How using the sole of the foot can benefit players   England Football Learning</a> <a href="#">How to help your players move with the ball   England Football Learning</a>
Netball	<a href="#">England Netball   Home</a> <a href="#">Pivoting in netball - Netball - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize</a> <a href="#">Footwork Rule 9 6 – YouTube</a> <a href="#">Replayed Ball (youtube.com)</a> <a href="#">FULL SESSION // INTERCEPTING THE BALL // NETBALL SPECIFIC // SKILL TRAINING (youtube.com)</a> <a href="#">Netball Shadowing (youtube.com)</a> <a href="#">Netball - Attacking Movement - Double Dodge (youtube.com)</a>

<b>Spring Term</b>	
<b>Topic Area</b>	<b>Resources</b>
Table Tennis	<a href="#">Rules and how to play - Table Tennis England</a> <a href="#">Table tennis forehand serve - Table tennis - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>
Gymnastics	<a href="#">Counter Balance and Counter Tension Routine (youtube.com)</a> <a href="#">Counter Balance 2 Person (youtube.com)</a> <a href="#">Partner Balances! (youtube.com)</a>

	<a href="#">Partner Knee standing counter balance (youtube.com)</a> <a href="https://youtube.com/shorts/PpHYrgAdGHA?feature=shared">https://youtube.com/shorts/PpHYrgAdGHA?feature=shared</a> <a href="https://youtu.be/KP8ObRnhIkM?feature=shared">https://youtu.be/KP8ObRnhIkM?feature=shared</a> <a href="https://youtube.com/shorts/ojAabVC9an8?feature=shared">https://youtube.com/shorts/ojAabVC9an8?feature=shared</a> <a href="https://youtube.com/shorts/HglQUwp4iRM?feature=shared">https://youtube.com/shorts/HglQUwp4iRM?feature=shared</a>
Volleyball	<a href="#">Volleyball Rules: How To Play Volleyball   Rules of Sport Volleyball Tip of the Week #20: How to position the hands on high ball setting. (youtube.com)</a> <a href="#">4 Steps to Master the Underhand Serve   How to Serve a Volleyball for Beginners (youtube.com)</a> <a href="#">How to Improve your Dig feat. Rachael Adams   Olympians' Tips (youtube.com)</a>

Summer Term	
Topic Area	Resources
Athletics	<a href="#">Shot put -</a> <a href="https://www.youtube.com/watch?v=wM6SAweFLcg">https://www.youtube.com/watch?v=wM6SAweFLcg</a> <a href="#">Sprint technique -</a> <a href="https://www.youtube.com/watch?v=tKOkYrflrW0">https://www.youtube.com/watch?v=tKOkYrflrW0</a> <a href="#">Long jump -</a> <a href="https://www.youtube.com/watch?v=WkpPI29jDI4">https://www.youtube.com/watch?v=WkpPI29jDI4</a> <a href="#">High Jump -</a> <a href="https://www.youtube.com/watch?v=ezWwBYISW_w">https://www.youtube.com/watch?v=ezWwBYISW_w</a> <a href="#">Relay -</a> <a href="https://www.youtube.com/watch?v=uYgipxoSWAI">https://www.youtube.com/watch?v=uYgipxoSWAI</a> <a href="#">and</a> <a href="https://www.youtube.com/watch?v=P7l73zl7eNA">https://www.youtube.com/watch?v=P7l73zl7eNA</a> <a href="#">Javelin -</a> <a href="https://www.youtube.com/watch?v=MS2QJtM1cRE">https://www.youtube.com/watch?v=MS2QJtM1cRE</a>
Rounders	<a href="#">Batting in Rounders (youtube.com)</a> <a href="#">Rounders Batting Skills (youtube.com)</a> <a href="#">Rounders bowling technique (youtube.com)</a> <a href="#">Specialist Rounders Fielding Skills (youtube.com)</a>

	<a href="#"><u>Communication in action - YouTube</u></a>
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