



Year 8 Netball Learning Journey



Equipment needed

- Netball Posts
- Netballs
- Bibs

Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Fundamentals Recap Footwork and passing.
<u>Lesson 2</u>	Use of space Timing of a run and a recap of positions.
<u>Lesson 3</u>	Attacking Principles Explore different attacking strategies.
<u>Lesson 4</u>	Defending Principles Stage 1 marking – person to person.
<u>Lesson 5</u>	Shooting One hand shooting.
<u>Lesson 6</u>	Netball Game Apply skills learnt to a game situation.

Keywords

Fundamentals

Attacking

Stage 1 Marking



Year 8 Gymnastics Learning Journey



Equipment needed

- Gymnastics equipment
- Mats

Reminders

- You are not permitted to wear trainers or socks in Gymnastics.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Balances and rolls recap
<u>Lesson 2</u>	Use of apparatus for balances and rolls Use correct body tension when performing rolls and balances
<u>Lesson 3</u>	Travel Moving from one position to another.
<u>Lesson 4</u>	Use of Vaults and jumping Incorporate into a routine.
<u>Lesson 5</u>	Creation of routine Create a routine applying skills learnt.
<u>Lesson 6</u>	Performance of routine Performance of routine applying a skills learnt.

Keywords

Apparatus	Travel	Vaults	Body tension
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Year 8 Badminton Learning Journey



Equipment needed

- Badminton Posts and nets
- Shuttles
- Rackets

Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Racket Familiarisation and rules recap Practice hand-eye coordination and control and recap rules.
<u>Lesson 2</u>	Underarm Clear development Learn the underarm clear shots technique.
<u>Lesson 3</u>	Overhead shots development Recap on overhead clear and smash shot, Learn the drop shot and drive.
<u>Lesson 4</u>	Net shots. Learn shots that land close to the net.
<u>Lesson 5</u>	Returning serves Learn how to return serves effectively.
<u>Lesson 6</u>	Court positioning Look at movement around the court..

Keywords

Familiarisation

Hand-eye
coordination

Development

Positioning



Year 8 Handball Learning Journey



Equipment needed

- Handball Nets
- Handballs
- Bibs

Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Familiarisation and ball handling Focus on the grip of the ball and basic throwing and catching.
<u>Lesson 2</u>	Overhead Passing Learn the technique for overhead passing.
<u>Lesson 3</u>	Shooting Develop the jump shot.
<u>Lesson 4</u>	Attacking Play Look at attacking strategies to apply to a game.
<u>Lesson 5</u>	Defending and Goalkeeping Learn how to mark and apply to a game.
<u>Lesson 6</u>	Set plays and full game Apply skills learnt to a game situation.

Keywords

Familiarisation

Attacking

Set Plays