

CURRICULUM CONTENT (KS3) YEAR 8

	SPORTS	OVERVIEW OF SKILLS TAUGHT (students are assessed at the end of every scheme of work)	EXTENSION ACTIVITIES THAT PARENTS CAN UNDERTAKE TO SUPPORT LEARNING.
Autumn Term	NETBALL	Footwork, pass and move, interceptions, pivot in the air, passing in front, receive then shoot, defending a shooter.	<p>Students at Rugby High are encouraged to try a whole range of sports in the hope that each girl will find a sport they love and would want to pursue outside of school.</p> <p>Although extra-curricular clubs are provided in a range of sports at RHS, parents can support their daughters by encouraging and helping to provide opportunities, outside of school, to join local teams and nurture their daughter's interests.</p> <p>Second to actually playing sports, it is always in the media. When well documented competitions are available to view such as Wimbledon, Olympics, World Cups, parents can enjoy time with their daughters sharing these experiences.</p> <p>Better still going to live games. For example seeing the Wasps play at the Richo – a great family day out!</p>
	NETBALL LEADING	In each netball lesson this year the students take turns in the role of leader (warm ups), coach (skills) and umpire (games).	
	HOCKEY	Indian dribble, the hit, jab and block tackle, channelling, shooting.	
	GYM	Pair balancing with counter tension and counter balance, group balances, linking moves, transitions, sequencing.	
	FOOTBALL	Ball control, shooting, tackling, 2v1, support play, channelling.	
	BASKETBALL	Dribbling and changing direction, dodging, 2v1, basic lay up, defending shooters.	

Spring Term	<p>FITNESS</p> <p>DANCE</p> <p>HEALTHY LIVING</p> <p>NETBALL OFFICIATING</p> <p>OAA</p> <p>VOLLEYBALL</p>	<p>Fitness tests, measure HR, skipping for stamina, agility training, aerobics, zumba</p> <p>Secret agents – explore movements associated with espionage and create a group dance.</p> <p>A project that looks at the impact of decisions we make on our health. Students combine skills in researching, script writing, public speaking and creating presentations.</p> <p>Half court, start/stop and score, offside, held ball.</p> <p>Orientating a map, handrailing, linear features on maps, symbols, courses.</p> <p>Underarm and overarm serving, volley and dig combinations, 2v2 – 4v4, team play</p>	
Summer Term	<p>TENNIS</p> <p>ROUNDERS</p> <p>ATHLETICS</p> <p>CRICKET</p>	<p>Overarm serve, baseline work, control of ground strokes, volleys.</p> <p>Forward pick up, bowling footwork and speed, batting power, high catches, long barrier moving</p> <p>Cover the full range of track and field events.</p> <p>Bowling - speed, straight drive, pull shot, wicket keeping, fielding positions, pairs cricket.</p>	