



Subject: Physical Education

Term: 5

Year group	What we are studying	Work to complete
Year 8	Girls- Rounders, Athletics, Tennis Boys- Cricket, Athletics, Tennis, Softball Mixed- Athletics, Tennis, Rounders	<p><b>Year 8 Booklet-specific pages identified to complete over time</b></p> <p><a href="https://maidenhillschool-my.sharepoint.com/:w:/g/personal/tfarmer_maidenhill_gloucs_sch_uk/EQcGD9dRRiFAlbC7qglo0LIBABdNNK2MSuWv2XKuJk-cqw?e=OdsITb">https://maidenhillschool-my.sharepoint.com/:w:/g/personal/tfarmer_maidenhill_gloucs_sch_uk/EQcGD9dRRiFAlbC7qglo0LIBABdNNK2MSuWv2XKuJk-cqw?e=OdsITb</a></p> <ul style="list-style-type: none"> <li>To access the above link, please use your Son/Daughter’s login details using their email address and password that they use to log into the school computers.</li> </ul> <p><b>Athletics</b></p> <p><b>‘Getting ready for sports day.’</b> Using the videos below or your own website research. Please look at the techniques and coaching tips for the events below Events include, the 100m, 200m, 300m, 800m, 1500m. Shot Putt, Discus, Javelin, Long Jump &amp; High Jump.</p> <p><b>Shot Put</b> <a href="#">USA's Carter out-throws for Shot Put gold - YouTube</a>  <b>Discus</b> <a href="#">Kamalpreet Kaur's debut Olympic final   #Tokyo2020 Highlights - YouTube</a>  <b>Javelin</b> <a href="#">Javelin 90m plus throws</a>  <b>High Jump</b> <a href="#">The Highest Ever Olympic High Jumps!   Top Moments - YouTube</a>  <b>Long Jump</b> <a href="#">Evolution of the Men’s Long jump at the Olympics! - YouTube</a>  <b>Triple Jump</b> <a href="#">The Longest Ever Olympic Triple Jumps   Top Moments - YouTube</a></p> <p><b>Rounders</b> Please watch the video on how to play rounders <a href="https://www.youtube.com/watch?v=f5Lxiy9_L9Q">https://www.youtube.com/watch?v=f5Lxiy9_L9Q</a> Look at the rules of Rounders <a href="https://www.theukrules.co.uk/rules/sport/rounders/top-ten-regulations.html">https://www.theukrules.co.uk/rules/sport/rounders/top-ten-regulations.html</a></p> <p><b>Softball</b> Look at the rules of Softball <a href="https://www.rulesofsport.com/sports/softball.html">https://www.rulesofsport.com/sports/softball.html</a> Please watch the video on how to play Softball <a href="https://www.youtube.com/watch?v=Akc-MpgMI18">https://www.youtube.com/watch?v=Akc-MpgMI18</a></p>



### **Tennis**

Look at the rules of Tennis

<https://www.rulesofsport.com/sports/tennis.html>

Please watch the video on how to play Tennis

<https://www.youtube.com/watch?v=foD2mMKl7xs>

### **YEAR 8 – CRICKET**

#### **LEARNING OUTCOMES**

- To develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

#### **EQUIPMENT**

- A bat, (if this is not possible, then a frying pan).
- Tennis ball, or rubber ball.
- Cones to identify “planets”.

#### **SPACE RACE CHALLENGE**

- Mark out the “planets” by placing sets of cones on the floor.
- Visit as many planets as you can by practicing the forward drive. This involves taking a side-on stance, feet shoulder width apart, knees slightly flexed, holding the bat with right hand at the bottom and left hand at the top (for right handers, it would be vice versa for left-handers), ensuring a V-shape between thumb and index finger. Bring the bat towards your pocket, keeping your head up and facing forwards and back straight. Swing the bat through from pocket, contacting the ball and following-through.
- See how many planets you can visit in one minute.

#### **STRETCH ACTIVITY**

- Bounce your ball on the bat as you visit the planets.

#### **COACHING POINTS**

- Watch the bat onto the ball, seeking to play the stroke towards the “planet” in a straight line.
- Be careful to ensure your head doesn’t lead with the stroke, as this can cause poor balance.

#### **LEARNING OUTCOME**

- To apply running, throwing, and stopping skills in a competitive situation

#### **EQUIPMENT**

- A soft ball. Essentially, an object which is soft enough and as such, will not cause damage to home-based objects, but firm enough to ensure bounce.



- 5 targets of varied sizes. For example, these could be one specific wall brick in the back garden, a panel on a door, the rim of a rubbish bin, the armchair of a sofa.

#### CONE RAIDERS CHALLENGE

- Once each target has been identified, use a combination of underarm, or overarm throwing to make contact with specific target, but critically, to then seek to catch/retrieve the ball from the target, using the underarm catching technique (book open technique, thumbs pointing outwards, if ball is below chest height, thumbs together, little fingers spread outwardly if ball above chest height).

#### STRETCH ACTIVITY

- Try throwing and catching/retrieving with your other arm.

#### COACHING POINTS

- Use your non-throwing arm to aim towards the target.
- Create a strong and stable side-on position towards your target.