

YEAR 8

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 2

VOLLEYBALL

- **Understanding and Demonstrating Basic Skills:** Students will learn to perform key volleyball skills (serve, pass, set, dig, and spike) with proper technique and accuracy during drills and gameplay.
- **Communication:** Students will be taught how to call for the ball clearly and confidently during play and use phrases like "Mine!" or "Yours!" to ensure team coordination.
- **Application of the 3-Touch Rule: (modified)** Students will learn how to work collaboratively to ensure no more than 3-5 touches are used before sending the ball over the net, while avoiding consecutive touches by the same player
- **Learning and Applying Basic Rules of the Game:** Students will learn the basic rules of scoring, rotating positions and how to avoid basic violations

BADMINTON

- **Basic Rules on single's game:** Students will familiarise themselves with basic rules of the game, including scoring and serving rotation.
- **Basic serve techniques:** Students will learn basic serve techniques (forehand low and forehand high serve)
- **Basic grips:** Students will learn and demonstrate proficiency in fundamental grip technique
- **Offensive shot:** Students will learn basic offensive shot such as drive shot.
- **Defensive shot:** Students will learn basic defensive shot such as blocking.
- **Footwork:** students will engage in basic footwork drills to enhance agility, speed, and court coverage, focusing on more complex movement patterns and directional changes.
- **Basic tactical in single and double:** Court Positioning: Maintain a central position on the court to cover all areas effectively, minimizing the distance to reach opponent's shots and maximizing coverage.

SWIMMING

- **Stroke techniques:** Students will learn and develop their skills in the 4 main strokes: Butterfly, Backstroke, Breaststroke and Freestyle
- **Water safety:** Students will learn the basic skills of lifesaving such as treading water, towing students on their back and rescuing students using the correct rope throw techniques.
- **Endurance Building:** Students will build their endurance and fitness through swimming and lifesaving skills.

ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules
- **Foster Teamwork and Communication:** Cultivate teamwork and effective communication among team members through collaborative activities and simulated game situations.
- **Apply Skills in a Match Scenario:** Utilise learned skills and strategies in matches, emphasising teamwork, strategic decision-making, and fair play.
- **Reflect and Set Goals:** Reflect on personal and team performance throughout the lessons and match. Set achievable goals for improvement in specific skills and sportsmanship.