

# YEAR 8

## PHYSICAL EDUCATION



**SRI KDU**  
International  
School  
SUBANG JAYA

### PROGRAMME OF STUDY - TERM 1

#### FOOTBALL

- Knowledge of Field Layout and Positions: Identify and describe the main areas of the football field (goal area, penalty area, halfway line) and understand and explain the basic positions (goalkeeper, defenders, midfielders, forwards).
- Game Rules and Regulations: Explain the fundamental rules of football, including throw-ins, goal kicks, corner kicks, fouls and consequences
- Passing and Receiving Skills: Learn and demonstrate fundamental passing skills (short, long and ground pass) and demonstrate the ability to control the ball when receiving passes from various distances and angles using different parts of the body
- Attacking and Shotting Skills: Demonstrate control and technique while dribbling the ball, including the ability to change direction and speed effectively to evade defenders. Students should be able to take shots at goal with proper technique, demonstrating accuracy and power from various positions on the field.
- Defending Skills: Understand and demonstrate proper defensive positioning, including marking opponents and covering spaces. Show the ability to anticipate opponents' passes and make interceptions.
- Game Play: Show the ability to adapt to different roles and positions as needed during a game. display good sportsmanship, including respect for opponents, referees, and teammates, and understanding the importance of fair play.

#### NETBALL

- Basic Rules Understanding: Understand and demonstrate a basic knowledge of netball rules, including the positions, court zones, and scoring.
- Movement and Agility: Develop agility and coordination by practicing footwork techniques, pivoting, and changing direction quickly on the netball court.
- Passing and Receiving Skills: Learn and demonstrate fundamental passing and receiving skills, such as the chest pass, bounce pass, and overhead pass, to effectively move the ball among teammates.
- Defensive Techniques: Learn and apply basic defensive skills, such as marking an opponent, intercepting passes, and understanding zoning concepts to prevent the opposing team from scoring.
- Shooting Accuracy: Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through.

## BASKETBALL

- **Basic Rules Understanding:** Understand and demonstrate a basic knowledge of basketball rules, including the roles of different positions (point guard, shooting guard, small forward, power forward, center), court zones (key, three-point line, half-court), and the scoring system (two-point shots, three-point shots, free throws). Additionally, understand common violations such as traveling, double dribbling, and fouls.
- **Agility and Coordination:** Develop agility and coordination by practicing footwork techniques such as pivoting, changing direction quickly, and proper running form on the basketball court. Emphasize drills that improve lateral quickness, explosive movement, and vertical jumping ability.
- **Passing and Receiving Skills:** Learn and demonstrate fundamental passing and receiving skills, including the chest pass, bounce pass, and overhead pass. Focus on accuracy, speed, and timing to effectively move the ball among teammates.
- **Defensive Techniques:** Learn and apply basic defensive skills, including on-ball defense (staying in front of the offensive player), help defense (assisting teammates when they are beaten), and understanding zoning concepts to prevent the opposing team from scoring.
- **Shooting Techniques:** Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through. Emphasize both stationary shooting and shooting on the move. Layup drills, free throw practice, shooting from various spots on the court, including three-point shots, and contested shooting drills.
- **Offensive Strategies:** Learn basic offensive strategies such as pick-and-roll, give-and-go, and spacing to create scoring opportunities.
- **Defensive Strategies:** Understand the basics of man-to-man defense and zone defense (e.g., 2-3 zone).

## ATHLETICS

Events include: Shot Put, Javelin, Discus, Long Jump, High Jump, Standing Triple Jump

- **Technique:**
  - Demonstrate proper grip, stance, and release techniques for shot put, javelin, and discus.
  - Perform correct take-off, flight, and landing techniques in long jump and high jump.
  - Execute proper hop, step, and jump phases in the standing triple jump.
- **Safety and Rules:**
  - Understand and follow safety protocols specific to each throwing and jumping event.
  - Learn and apply the rules and regulations for all throwing and jumping events.
- **Measurement and Evaluation:**
  - Accurately measure and record distances thrown and distances and heights jumped.
  - Self-assess and provide peer feedback on technique and performance.

### Running Events (Sprints and Middle Distance)

- Technique:
  - Demonstrate proper starting, running, and finishing techniques for sprints (100m, 200m) and middle-distance (800m, 1500m) races.
  - Develop and apply strategies for pacing, breathing, and endurance in middle-distance running.
- Safety and Rules:
  - Understand and implement safety practices during running events, including warm-up and cool-down exercises.
  - Learn and apply the rules and regulations for sprint and middle-distance races.
- Measurement and Evaluation:
  - Accurately time and record running performances.
  - Assess and enhance running techniques and performances through self-reflection and peer feedback.

### ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules
- **Communication:** Enhance communication skills on the court by using verbal and non-verbal cues to coordinate movements and strategies with teammates.
- **Implementing Game strategies:** Understand basic game strategies, such as creating space, maintaining player positions, and adapting to different game situations, to make informed decisions during netball matches.
- **Teamwork and Cooperation:** Emphasize the importance of teamwork and cooperation by actively participating in drills, exercises, and game situations that require collaboration with teammates.
- **Personal Growth and Goal Setting:** Set personal goals for improvement in various sports. Reflect on personal achievements and areas for growth, developing a mindset for continuous improvement.