

YEAR 8

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 2

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.

CRICKET

- **Explore the Basics of Cricket:** Understand the fundamental rules of cricket, including scoring, field positions, and player roles.
- **Develop Batting Skills:** Practice and refine the fundamental batting techniques, including stance, grip, and various shots through drills and games.
- **Develop Bowling Fundamentals:** Learn and apply the basics of holding the ball, proper run-up, and release in controlled bowling exercises.
- **Fielding Techniques and Positions:** Practice essential fielding skills, such as catching, throwing, and ground fielding, while understanding different fielding positions.
- **Understand Game Strategies and Decision Making:** Analyse various cricket strategies and understand when to employ offensive or defensive tactics. Practice making strategic decisions during simulated gameplay.

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 water safety
- **Endurance Building:** Students will build their endurance and fitness through swimming and games
- **Waterpolo:** Students will learn the basic rules and skills of waterpolo
- **Relay Races:** Students will showcase their skills in swimming and fun relay races

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:** Utilize learned skills and strategies in a simulated matches, emphasizing 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.