

# YEAR 8 – PE

TERM 2 – taught through

Badminton  
Rugby  
Gymnastics  
Handball

- LINKING SKILLS AND AGILITIES
- BUILDING UPON TEAMWORK SKILLS
- LEADERSHIP OF SMALL GROUPS OR TEAMS
- DEVELOPING COMMUNICATION THROUGH SPORT
- CREATING MORE COMPLEX ROUTINES
- DEVELOPMENT OF TACTICS AND RULES
- BONES AND MUSCLES OF THE BODY
- IDENTIFY COMPONENTS OF FITNESS
- SHORT TERM EFFECTS OF EXERCISE