

Year 8
Term 1+2



ASPIRE

Passing Footwork

Coordination

Umpire
Quarters

Netball



Components of Fitness



Muscular Strength

Teamwork
Goal
Circle Shooting

Agility

Dribbling
Backboard

GS GA WA C WD GD GK

Components of Fitness

Outwitting Opponents

Basketball

Attacker
Free Kick

Referee



Aerobic Endurance

Free Throw

Double Dribble

Travelling

Football

Power

Rucking

Try

Touchline

Tackling

Goalkeeper

Pitch Defender

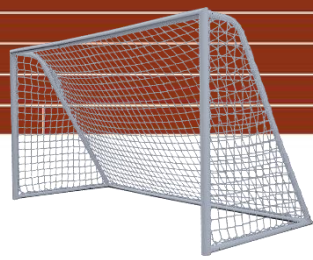
Offside

Components of Fitness

Backwards Pass

Mauling

Rugby



Muscular Endurance

Year 8
Term 3 + 4

Balance

Counter
balance

Straddle
Travel

Forward
Roll

**Components
of Fitness**

Gymnastics



Shooting

Attack

Dribble

Flexibility

Cartwheel

Apparatus

Balance

Sequence

Tuck

Pike



Handball



Muscular
Strength

Weight
Training

Circuits

Treadmill

**Health
Related Fitness**



**Components
of Fitness**

Agility

Heart Rate

Cardiovascular
Endurance

Effects of
Exercise

Training
Methods

Aerobic
Endurance



**Components
of Fitness**

Coordination

Lifeguard
Tread Water

Butterfly

Swimming



Crawl

Float

Free style

Breaststroke

Backstroke



Goalkeeper
Goal Area

Free Throw

Control

Year 8
Term 5+6



Athletics

1500m Hurdles Long Jump



High Jump 800m

Reaction Time

Speed

Components of Fitness

Javelin Shot Putt Triple Jump
Sprint Relay

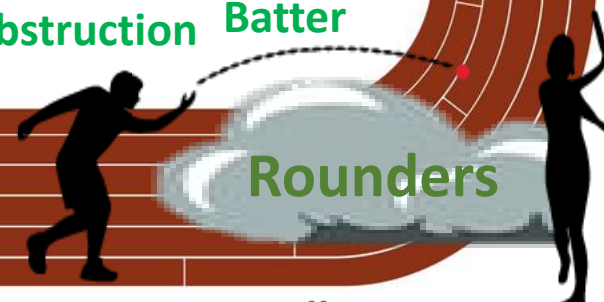
Coordination

½ Rounder

Base

Obstruction Batter

Power



Rounders

Components of Fitness

Fielder

Bowler

Muscular Endurance

Teamwork No Ball Backstop

1 Rounder

Volley Break Point

Advantage

Backhand



Tennis

Components of Fitness

Aerobic Endurance

Forehand Ace

Lob Serve

Rally

Court Deuce



Wicket Keeper

Batsman

Run-out

LBW

Cricket

Bowler

Fielder

Stumps

