

## Year 8 Physical Education

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Girls	Hockey Netball	Badminton Tag Rugby	Health and OAA Dance	Gymnastics Handball	Rounders Athletics (field)	Striking and fielding Athletics (track)
	Boys	Basketball Hockey	Gymnastics Fitness	Badminton Football	Health and OAA Rugby	Cricket Athletics (track)	Rounders Athletics (field)
Activities are consistent throughout the year, however the order in which all pupils cover them will vary.							
Assessment	<p>All pupils are assessed in each sport under the categories of evaluation and analysis, knowledge of rules, ability to perform skills in isolation and their teamwork.</p> <p>All pupils have their engagement with learning, co-operation with staff and other students, resilience and their organisation reported on as well.</p>						

Building on Prior Learning	PE assess prior learning by baselining at the start of the academic year in order to ascertain a student's physical ability. We then build on prior learning by developing and refining previously learnt core skills and rules.
Links with other subjects	PE has cross-curricular links with a variety of subjects including Mathematics with the measuring and recording of times and distances in Athletics as well as comparing data to national norms. There are links with Science in relation to the body systems, promoting a healthy lifestyle, muscular and skeletal systems. Food Technology links with PE when discussing what should be included in a healthy diet.
Extracurricular opportunities	Students are encouraged to take part in Extra Curricular clubs and we offer a wide range of sports every term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics, Swimming, Orienteering as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Girls active, Dodgeball as well as House competitions.
A successful learner in this subject will demonstrate	Successful PE students will be enthusiastic and willing to fully participate in all sports delivered. Successful PE students will be able to demonstrate core skills and understand basic rules across a variety of different activities. They will be competitive, show excellent teamwork skills, enjoy all aspects of the subject and be able to highlight strengths and weaknesses in both themselves and others.



Impact on personal development	PE will help student's physical and mental well-being and assist with reducing stress and anxiety levels amongst students. PE promotes an opportunity for students to work on a large range of personal skills such as leadership, interacting and working as a team, resilience, dealing with setbacks, adaptability and empathy of others. PE will inspire and motivate students to become lifelong participators in physical activity outside of school life.
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Ways to support student learning in this subject
<ul style="list-style-type: none"><li>• Encourage students to participate in extracurricular activity inside or outside of school.</li><li>• Encourage students to lead a healthy active lifestyle and know what factors could have an impact on their performance in school.</li><li>• Ensure students always have their PE kit even when they are not physically able to participate as their learning can be extended in alternative ways such as coaching, leading and officiating.</li><li>• Have a positive attitude towards PE and encourage full participation.</li><li>• Encourage interest in major sporting events such as The Olympics.</li><li>• Be a positive role model.</li><li>• Discuss future opportunities within PE.</li><li>• Question what skill, tactics and strategies they have been taught.</li></ul>