

PHYSICAL EDUCATION

KS3

Curriculum Purpose

In Year 8 PE, you'll build on your skills in teamwork, fitness, and different sports. We'll explore game tactics and strategies, using terms like 'Overhead clear' in badminton or 'zonal marking' in football. You'll get a chance to lead warm-ups and practices, boosting your confidence. Through challenges and teamwork, you'll develop a love for physical activity and learn the language to describe it!

YR8



Curriculum Topics

Students will cover the following 7 areas across the academic year:

1. Invasion Games
2. Net Games
3. Health and Fitness
4. Gymnastics/Trampolining
5. OAA
6. Athletics
7. Striking and Fielding

Within these areas students will focus on developing and acquiring the following skills and knowledge:

	Invasion games	Net Games	Gymnastics/ Trampolining	Health and Fitness	Athletics	Striking and fielding
Confidence	I can lead a warm up	I can lead a warm up	I can maintain focus whilst performing	I can use a positive mindset to keep going	I can work out of my comfort zone in order to improve my performance.	I can recognise failure in a sport and how to move on from it
Teamwork	I can cooperate with my teammates in a game situation	I can communicate the scores with my partner	I can communicate effectively within a group to create a routine	I can use positive praise to encourage a small group	I can make suggestions on how to improve my own performance	I can be an effective team member by being a proactive batter/fielder
Knowledge and Skills	I can apply a tactic/ strategy to a game situation	I can umpire/score a game	I can demonstrate and understanding of the importance of safety in PE	I can identify some different training methods	I understand the requirements for most event	I can use key terminology in a range of striking and fielding sports
Competence	I can demonstrate basic skills in a competitive situation	I can attempt to use a variety of shots to outwit my opponent	I can link 2 or more skills together in a routine	I can provide myself positive feedback to get maximum benefits out of my workout	I can demonstrate a good level of technique in a variety of events	I am competent in both Batting and Fielding roles

When and how assessment of learning will happen

Assessment will take place at the end of every term. Assessment will consist of:

- Practical performance
- Teacher observations
- Verbal feedback
- Question and Answer sessions
- Peer assessment



Home Learning Expectations

We encourage students to take part in physical activity outside of school, there are multiple ways this can be done outside of lessons:

- Extra curricular clubs
- Attendance to outside clubs/sports teams/activities
- Family orientated exercise
- Walking/cycling to and from school

