



Subject: PE Year 8

Overview

In year 8 links are made to prior learning including recapping and progressively building on previously learnt skills, knowledge and understanding. Confidence and challenge are built up over time with a focus on key areas including:

- Outwitting an opponent
- Developing physical and mental capacity
- Development and recreation of skills
- Problem solving, challenges and decision making
- Making informed choices about healthy, active lifestyles
- Evaluating and improving

Autumn

Autumn Term 1

- Football (Boys/girls) – The Value of PE – TEAM Alameda
- Netball (girls)
- Basketball (Boys)

Autumn Term 2

- Sporting Values through Rugby (boys/girls)
- Handball

Assessment:

Teacher assessment made based on Know (knowledge and understanding) Show (physical ability), and Grow (attitudes to learning)

Spring

Spring Term 1

- Self Reflection through Badminton
- Flag Football (B)
Sisters in Sport(G)

Spring Term 2

- Effective Teams through Sport Education - Volleyball/Dodgeball
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Assessment:

Teacher assessment made based on Know (knowledge and understanding) Show (physical ability), and Grow (attitudes to learning)

Summer

Summer Term 1

- Fulfilling potential through Athletics
- Cricket/Rounders

Summer Term 2

- Officiating through Cricket/ Rounders
- Multi-Sports

Assessment:

Teacher assessment made based on Know (knowledge and understanding) Show (physical ability), and Grow (attitudes to learning)