

## **Overview of Year 8 Physical Education Curriculum**

During year 8 the pupils become more confident in their skills and techniques, and learn how to apply them according to their ability. They start to understand what makes an effective performance and how to apply these principles to their own and others' work.

The pupils learn to take the initiative and make decisions for themselves about what to do to improve performance. They will be taught how to prepare for particular activities and to recover afterwards, the short and long term effects of exercise on the body, the role of exercise in establishing and maintaining health.

The lessons will incorporate various teaching and learning methods involving individual, small and large group work. The groups may be mixed ability or like ability.

## **Activities**

In Year 8 the pupils will develop knowledge and understanding of Physical Education through the following activities - **Athletics, Mini Tennis, Basketball, Cricket, Cross Country, Gymnastics, Orienteering, Rugby, football.**

**Health related fitness** is taught in all of the activities.

The pupils will be required to further develop their understanding of **health related fitness** such as stamina, speed, strength, and agility and how these relate to each of the 8 activities.

## **Homework**

Homework requires the pupils to practise and develop movement skills for each activity covered.

The pupils will be required to provide evidence of their understanding of Physical Education by producing a basic personal exercise plan for a specific activity.

## **Examinations/Key assessments**

Each physical activity will be operated on a fixed time unit at the end of which the pupils will be formally assessed on Acquiring and developing Skills, Selecting and Applying Skills, Evaluating and Improving Skills, Developing Knowledge of Understanding of Fitness and Health. The pupils will also have the opportunity to complete a self-assessment sheet for each of the 8 activities.

They will also be required to understand and complete assessment for learning tasks. This involves the pupils in the assessment process and helps teaching and learning.

## **How Parents can help**

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.

