

Curriculum Information

Year Group: 8

Subject: PE GCSE/BTEC course followed: Edexcel/Pearson

Objectives	Students will build on and embed the physical development and skills previously learned, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will develop an understanding of what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. Students will be taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games, for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis and develop their technique and improve their performance in other competitive sports such as athletics and gymnastics. Students will have the opportunities to take part in competitive sports and activities outside college through community links or sports clubs.
Autumn Term	<p>Practical 2 from:</p> <ul style="list-style-type: none"> Football Netball Badminton Rugby <p>Theoretical</p> <ol style="list-style-type: none"> Leadership running throughout How the body systems react to different kinds of exercise Names of muscles & locations in the body
Spring Term	<p>Practical 2 from:</p> <ul style="list-style-type: none"> Basketball Hockey Badminton Gymnastics <p>Theoretical</p> <ol style="list-style-type: none"> Leadership running throughout Types of fitness continued... Link types of fitness to specific activities
Summer Term	<p>Practical 2 from:</p> <ul style="list-style-type: none"> Athletics Cricket Rounders Softball <p>Theoretical</p> <ol style="list-style-type: none"> Leadership running throughout Methods of training continued... Link methods of training to specific activities

How is progress measured?	<p>Formal assessments for unit rotation – Week 4</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Assessment of theoretical understanding – links to fitness, anatomy & wellbeing</p>
Extending Learning at home	n/a
Support Available	<p>Wide range of sports clubs on offer at lunch and after school</p> <p>Wide range of sports teams</p>
Useful web addresses	National Governing Body websites