

Physical Education

Subject title	Year 8 Curriculum
Setting arrangements	Mixed ability / single sex classes One tutor group on a side taught as mixed group
Time allowance each fortnight	4 hours

Assessment and coursework

Types of Assessment

Assessment is ongoing

Teacher Assessment

Peer and Self Assessment

Timings of assessments

Throughout the duration of each unit

Nature of assessments

Students will be given the opportunity to show a clear understanding of concepts and to display skills in a variety of performance situations.

Topics covered during the course

Games: football, rugby, basketball, netball, hockey, lacrosse, short tennis, tennis, rounders, cricket, handball

Gymnastics

Health Related Exercise

Swimming

Athletics

Skills developed during the course

Physical skills : Skills specific to each activity such as the leg kick in front crawl in swimming. An understanding of basic games concepts such as width, depth and support play

Cognitive skills : decision making

Social skills : working in a team or group, cooperation, competitiveness, communication

Personal skills : leadership, personal organisation, confidence and self – esteem

Other sources of help

Extra curricular programme of various sports during the year at lunchtimes and after school

Comprehensive list of school fixtures in a number of curriculum activities.

Additional information about the course

The full correct PE kit MUST be brought to every PE lesson.

Students have been issued with a programme specific to their tutor group to aid their personal organisation.

In the case of illness PE kit should still be brought to the lesson as students will be required to take on other roles such as coach or umpire to aid their learning