






## Year 8 Physical Education Curriculum

<b>Skill Development</b>	<b>Analysis of performance</b>	<b>Tactics and strategies</b>	<b>Healthy, active lifestyles</b>	<b>Anatomy and Physiology</b>
Engage in competitive sports and activities. Develop technique & improve performance. Broad range of physical activities.	Analyse (KS3) and evaluate (KS4) performances.	Use a range of tactics and strategies.	Lead healthy, active lifestyles.	
				
<b>In Year 8 students will develop their knowledge of sports specific skills in the activities listed and be able to perform these in isolation and opposed situations in several practical activities.</b>	Describe strengths and areas for development in their own and other's performances. Use basic terminology confidently and consistently with the activities which they participate in.	Students will use their knowledge of the rules to play to the officials' decisions. Students will learn about basic tactics in sporting activities to enable students to outwit opponents, perform aesthetically (gymnastics and dance) or problem solve.	Students will develop the knowledge to suggest suitable activities for warming up. We will teach students the reasons why the short term effects happen. Identify and describe which components of fitness are needed for each activity (endurance, speed, strength) Each term all students will have the opportunity to participate in a range of extra-curricular activities. We would encourage students to commit to their preferred activities throughout the year.	We will teach the students that one of the functions of the skeleton is joints for movement. Students will learn about long bones being necessary for large movements. We will teach students what type of joint the knee and elbow are.

Activity rotations: Each teaching group will rotate around a number of different activities throughout the year to allow the above to be taught through practical experiences. These activities include OAA (outdoor and adventurous activities), dance, table tennis, football, netball, rugby, fitness, handball, striking and fielding activities and athletics.