

Physical Education (Year 8)



Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)

Year 8 – Term 3

- Increase physical competency in a range of athletic events and striking and fielding games.
- Develop technique to improve performance.
- To strive for personal best.
- Understand athletic events varying rules / regulations.
- To understand what makes a performance effective and how to improve.

**Sports Day
(House Comp)**

**Performing at Maximum Levels
Refine Technique and Improve Proficiency**
Extra Curricular
Halton Athletics Meet, Sports Day

**Overcoming an Opponent
Striking and Fielding**
Extra Curricular
Rounders / Cricket SG's
Competitions

**Interim
Assessment**

**Rowathon
(House Comp)**

**Interim
Assessment**

Year 8 – Term 2

- Increase physical competency in a range of net and wall games and gymnastics and analyse performance.
- Gain an understanding of map reading skills.
- To understand immediate effects of exercise on the body.

**Outdoor and Adventurous Skills
Develop Leadership Skills and Map Reading**

**Exploring Net and Wall Activities
Modify and Refine Skills**
Extra Curricular
Table Tennis / Badminton SG's

**Accurate Replication
Travel**

**Heath Games
(House Comp)**

Year 8 – Term 1

- Increase physical competency in a range of fitness and games activities, showing greater control, fluency and accuracy. Gain an understanding of the methods of training and the immediate effects of exercise. Understand more complex rules / regulations.

**Overcoming an Opponent
Selecting and Combining Skills**
Extra Curricular
Cheshire Cup / ESFA SG's
Netball / Football / Basketball

**Developing Health & Fitness
Resilience and Challenge**
Extra Curricular
Sports Hall Athletics
Cheshire Cross Country

3 Part Warm Up
Pulse raiser
Dynamic stretches
Game related skill