

OVERVIEW	<p>Our inclusive and balanced curriculum is driven by three themes: performance, leadership, and health. Throughout Year 8, students will build on the knowledge, skills and understanding developed in Year 7, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation, and develop positive attitudes. Our curriculum aims to inspire all students to succeed with opportunities to compete in various sports to helping build character.</p>		
AUTUMN	<p>Football, Badminton, Rugby, Netball</p> <p>In these units, students will learn more advanced key skills within the activity, for example, attacking passing, dribbling to beat a player and tackling. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others during a competitive match.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle Ability to plan and lead an activity or part of an activity. 	<p>Personal Development Concepts explored:</p> <ul style="list-style-type: none"> Verbal Communication Non-verbal Communication Active Listening Conflict Resolution Asking Questions Feedback
SPRING	<p>Football, Badminton, Fitness & Orienteering</p> <p>In these units, students will learn more advanced key skills within the activity, for example, attacking, defending, tackling and learning how to navigate a map on the schools Orienteering course. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Show how components of fitness have improved their performance. 	<p>Personal Development Concepts explored:</p> <ul style="list-style-type: none"> Resilience Embracing Failure Marginal Gains Persistence Being proactive
SUMMER	<p>Cricket, Rounders, Tennis & Athletics</p> <p>In these units, students will learn more advanced key skills within the activity, for example, how to compete in each event within athletics, specific skills such as spin bowling and place hitting. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others during a competitive match.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Ability to plan and lead for a small group. 	<p>Personal Development Concepts explored:</p> <ul style="list-style-type: none"> Emotional Intelligence Recognise Emotions Understand Emotions Label Emotions Regulate emotions
<p>Useful resources for supporting your child at home</p> <ul style="list-style-type: none"> Full PE kit suitable for indoor and outdoor, warm and cold weather lessons. https://www.nhs.uk/healthier-families 		<p>Co-Curricular</p> <p>Students are regularly encouraged to join the co-curricular sports clubs on offer. We offer a range of activities for both recreation and competition. These include Football, Netball, Badminton, Rugby, Trampolining, Basketball, Fitness, Rounders, Cricket, Athletics and Tennis.</p>	