

PE at a Glance	
Head of Department	Mr C Underwood
Lessons per fortnight	2
Homework per fortnight	60 mins

Year 8 PE

1. Course & Subject Information

Students will be looking to refine key skills, developed in year 7. Students will be recapping sports covered last year but in much more detail and looking at more advanced skills. Students will also be undertaking a number of new activities that they may have never taken part in before. Students will still be placed in groups that are based on their individual needs and skill levels, allowing all staff in the department the opportunity to tailor the lessons to ensure progress is made by all students in their group. All students' progress and attainment will be monitored closely as it was in year 7. Assessments will take place at the end of every half term. The main purpose of year 8 is to enhance the skill level of the students.

2. Course/Subject Structure

Throughout the year students will participate in a variety of activities

Adventure Activities	Orienteering, team building
Aesthetic and Expressive Activities	Dance, gymnastics and trampolining
Athletic Activities	Athletics – running, throwing and jumping
Competitive Activities	Football, netball, rugby, hockey, basketball, rounders, cricket, badminton, volleyball
Adaptive Activities	Fitness, circuit training, aerobics

3. Recommended texts or websites to support home learning

In the PE department we have lots of extra curricular activities on offer.

4. Specialist Equipment/Materials Required if applicable

Students should come to every lesson with full PE kit appropriate for either indoor and outdoor activities.