Year 8 P.E Learning Journey

Transferable skills:

Cognitive Skills: Students will develop their understanding of effective performance and experiment with ways of increasing

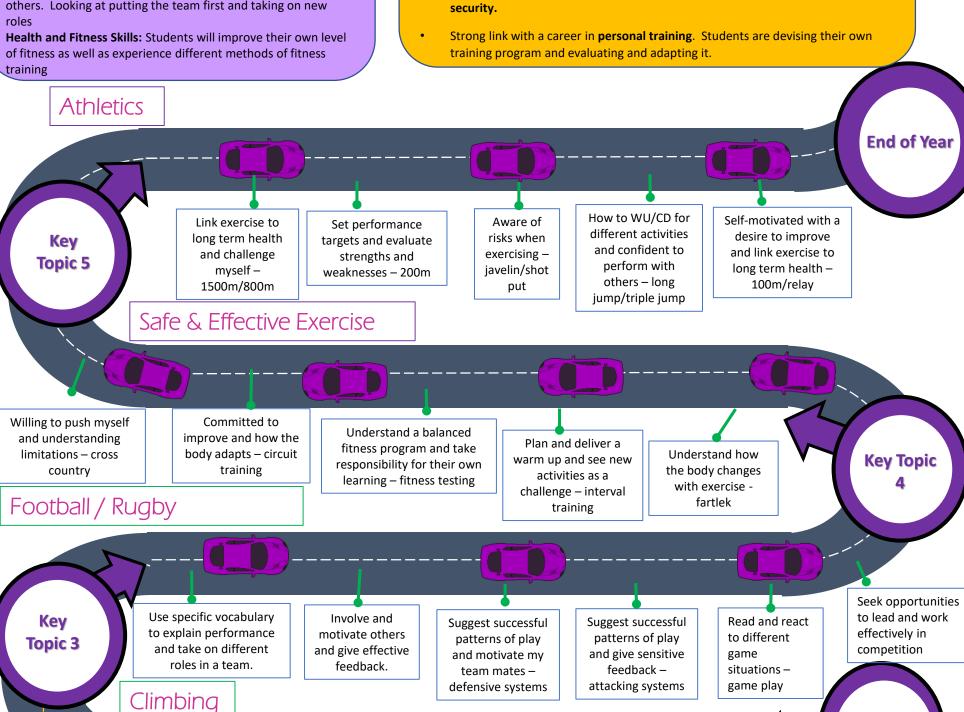
Personal Skills: Students work on their ability to stay positive when put under pressure.

Physical Skills Students work on more advanced passing, catching, scoring and movement skills for rugby (boys) and

Social Skills: Students will develop their ability to work well with others. Looking at putting the team first and taking on new

Careers Links:

- Taking on different roles in P.E and personal motivation, could be very beneficial for careers in Sports Development or Events Management.
- Students develop communication skills, their ability to work with others and their decision making/critical thinking skills. All of which would be beneficial in a variety of industries from education, social work, and public relations.
- Knowledge of how to improve their physical fitness, and the requirements of fitness training would support careers in the armed forces, agriculture or



Perform advanced techniques and put others needs before my own

Demonstrate different ways to climb and motivate

Contribute to group discussion and work well in competition

Perform a variety of skills and take on different roles in my group

Improve climbing technique and give/receive feedback

Key Topic 1

Rugby / Football / Netball

Suggest patterns of play and

evaluate own performance -

passing games

Understand effective performance and self-motivated

Remain positive when challenged and evaluate performance - tackling/3 stages of marking

Remain positive when challenged and evaluate performance tackling in game play

Recognise successful tactics and accept critical feedback rucking/dodging

Key Topic