



Year 8 P.E Learning Journey

Transferable skills:

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

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 netball (girls)

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

Health and Fitness Skills: Students will improve their own level of fitness as well as experience different methods of fitness training

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 **security**.
- Strong link with a career in **personal training**. Students are devising their own training program and evaluating and adapting it.

Athletics

Key Topic 5

Link exercise to long term health and challenge myself – 1500m/800m

Set performance targets and evaluate strengths and weaknesses – 200m

Aware of risks when exercising – javelin/shot put

How to WU/CD for different activities and confident to perform with others – long jump/triple jump

Self-motivated with a desire to improve and link exercise to long term health – 100m/relay

Safe & Effective Exercise

Willing to push myself and understanding limitations – cross country

Committed to improve and how the body adapts – circuit training

Understand a balanced fitness program and take responsibility for their own learning – fitness testing

Plan and deliver a warm up and see new activities as a challenge – interval training

Understand how the body changes with exercise - fartlek

Football / Rugby

Key Topic 3

Use specific vocabulary to explain performance and take on different roles in a team.

Involve and motivate others and give effective feedback.

Suggest successful patterns of play and motivate my team mates – defensive systems

Suggest successful patterns of play and give sensitive feedback – attacking systems

Read and react to different game situations – game play

Seek opportunities to lead and work effectively in competition

Climbing

Perform advanced techniques and put others needs before my own

Demonstrate different ways to climb and motivate others

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

End of Year

Key Topic 4

Key Topic 2