

# GRAVENEY SCHOOL



## PE

### YEAR 8

Lesson(s) per week	2
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Homework per week	Termly projects
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**Staff to contact: C Briggs (Head of PE)**

#### **Course content/description**

The department follows the PE National Curriculum and offers a range of activities and sports for pupils to develop as a performer and coach in. Pupils will be taught:

1. **Health Related Fitness:** fitness test scores obtained in year 7 will be used to measure progress.
2. **Football:** development of skills and small sided/conditioned games.
3. **Basketball:** development of skills and small sided/ conditioned games.
4. **Badminton:** singles and doubles play.
5. **Gymnastics and Dance:** Vaulting and group choreography
6. **Athletics:** Running, Jumping, Throwing- times and distances obtained will be compared to year 7 scores to measure progress.
7. **OAA:** team building and problem solving activities and bouldering.
8. **Striking and Fielding:** Cricket.

#### **Assessment**

Pupils are given an end of unit level for all activities which is tracked and monitored across their time in key stage three. Their year 8 results will be compared to their year 7 levels to ensure they are making sufficient progress in these areas.

Pupils will be given the opportunity to develop their theoretical knowledge of PE and Sport and will be encouraged to complete written tasks through out the year. These will be delivered in lessons and pupils will complete over the period of one whole unit of work (approx 8 weeks).

At the end of year 8 all pupils sit a 45 minute end of year exam which tests their understanding of both practical and theoretical elements.

It is a very basic introduction to a typical Short Course GCSE paper and will be used to inform parents of pupils showing both academic and practical ability who would be suitable candidates for the GCSE PE course.

#### **Books/other/materials/visits**

All pupils will have the opportunity to represent their house through out the year in a sporting capacity. There are termly interhouse competitions that are inclusive to all abilities.

#### **What help can be given at home?**

Please ensure you clearly name your child's kit.

Please ensure that they have appropriate attire for both indoor and outdoor PE lessons

Encourage your child to attend one of the many extra curricular clubs the PE department offers to ensure they are remaining active and fit.