**Physical Education**

Participation in Physical Education improves students’ physical, mental and social wellbeing. We inspire drive and resilience in our students, teach them to collaborate in a team and how to step forward and lead others. Through teaching students to evaluate their own and other’s performances, they learn communication and critical thinking skills. By coaching students in a wide range of individual and team sports, we ensure they have excellent opportunities to find a sporting passion, in school and out of school.

**Year 8 Curriculum Explained**

Pupils build on and embed the physical development and skills learned in Key Stages 1 and 2, becoming more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They understand what makes a performance effective and how to apply these principles to their own and others’ work. They develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils are taught to:

* use a range of tactics and strategies to overcome opponents in direct competition through team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis)
* develop their technique and improve their performance in other competitive sports (for example, athletics)
* perform dances using advanced dance techniques in a range of dance styles and forms
* take part in gymnastic activities through parkour which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
* analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
* take part in competitive sports and activities outside school through community links or sports clubs

**Curriculum Map**

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| --- | --- | --- | --- | --- | --- |
| **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| RugbyNetballRun 20 | BasketballDanceFitness | BadmintonFootball | GymnasticsParkourHockey | Athletics | TennisSoftballRoundersCricket |