

Yr8 PE (KS3) – Course Review

Students in Year 8 are expected to build on the knowledge and skills learnt in Year 7 in accordance with the key concepts and processes.

Key Concepts: Competence, Performance, Creativity, Healthy Active Lifestyles

Key Processes: Developing skills in physical activity, Making and applying decisions, Evaluating and improving,

Making informed choices about healthy active lifestyles

Students are given 3 hours of core PE over two weeks. There will be two single sex classes that have streamed according to ability, and one mixed sex, mixed ability group.

In Yr8 the emphasis of fun remains, but there is a greater expectation that students apply themselves to the subject and work hard to improve their performances. Students are given a greater range of roles within lessons and take more responsibility for their own learning.

Students have to cover at least four areas from the Range and Content list below.

Range and Content:	Possible activities to participate in
Outwitting opponents, as in games activities	Rugby, Football, Hockey, Netball, Badminton, Volleyball, Basketball, Rounders, Tennis, Cricket, Table Tennis
Accurate replication of actions, phrases and sequences, as in gymnastic activities	Trampolining, Gymnastics, Athletics,
Exploring and communicating ideas, concepts and emotions, as in dance activities	Dance
Performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities	Athletics, Fitness (Testing)
Identifying and solving problems to overcome challenges of an adventurous nature, as in life saving and personal survival in swimming and outdoor activities	Orienteering
Exercising safely and effectively to improve health and wellbeing, as in fitness and health activities	Fitness Suite, Circuit training, X-country

Students are assessed according to the Attainment target level descriptors from the Department for Education. You can view these by clicking the link below. The targets range from level 1 and run through to Level 8. After level 8 the most talented students may be awarded the exceptional performance standard

(<http://www.education.gov.uk/schools/teachingandlearning/curriculum/secondary/b00198952/pe/ks3/attainment>)

Each student is assessed individually at the end of a block of work. At the end of the year these levels are averaged out to give the student an overall target level in accordance with the level descriptors. We appreciate that all students cannot excel at every sport, and by giving individual levels the students are given the opportunity to be successful over a variety of areas, relative to their sporting ability.