



Overview

Physical Education in year 8 allows students to develop and build upon the skills learned in year 7. All students should become more competent, confident and experts in their techniques and apply them across a wide range of sports and physical activities. A wide range of extra-curricular clubs will be offered, allowing for competitive matches against other schools to take place. Showcasing the talent of Eskdale School students.



Year 8 Physical Education

Term 3

In your final term you will switch to summer sports such as athletics, cricket, tennis and rounders. You will be expected to develop skills, techniques and knowledge of rules. Additionally, you should be able to provide some peer analysis to improve performance.



Term 1

Both boys and girls in the first term will take part in mostly team games, such as netball, football, hockey, rugby and basketball. You will develop knowledge on rules, techniques and skills required to excel in the sports above. Also, you will develop your tactical knowledge on how to outwit opponents. Lessons will allow students to demonstrate/improve skills in isolation and in competitive games.

Additionally, in term 1, all students will take part in x-country, which allows for individuals to improve their own personal fitness levels. Students should develop confidence in their own abilities to take part in prolonged periods of physical exercise both in school and outside of school.

Term 2

In term 2 individual sports such as gymnastics and badminton will take place. You will continue to improve skills and techniques required to excel in these activities. You will complete a fitness unit, which will continue to work on personal levels of fitness and develop knowledge of health and fitness. Alongside the continuation of some team games.