

## Curriculum overview:

In year 8 the pupils are streamed into three different pathways. The pathways are Team, Individual and Creative. Students are selected for a pathway based upon their levels in different sporting disciplines at the end of year 7. For example if a student displays high levels in Football, Cricket, Basketball, Volleyball they will be put into the Team pathway.

**The Individual pathway** explores sports such as Badminton, Circuit Training, Sports Education, Athletics, Table Tennis

**The Team pathway** explore sports such as Cricket, Football, Sports Ed Circuit Training, Athletics, Volleyball

**The Creative pathway** explores the disciplines of Dance, Orienteering, Gymnastics, and Trampolining.

## Homework & assessments overview:

Homework is often based around the evaluation and analysis of performance. It also involves research from a range of sources.

Homework is also set around the body systems so that students can identify and explain the different major muscles and bones in the body.

Assessments take place at the end of each unit of work.

The students also sit a theory test at the end of the Autumn term and the Summer term exploring themes such as Maximum Heart Rate Calculations, Characteristics of the Aerobic Training Zone and An-Aerobic Training Zone.

## Useful websites:

BBC Sport Education

BBC Bitesize

Brian Mac Sports coach

You Tube, to assess and evaluate skills, techniques and performance

## Practical tips / activities for parents to support learning at home:

- Ensure PE is packed for every lesson
- Attend one Extra-curricular sports club a week
- Get involved in sporting recreation outside of school
- To use and apply the biological aspects of science learning to PE
- Develop the use of research on the Internet