



PLUME ACADEMY - LEARNING OVERVIEW

Year	8
Subject	Physical Education

Prior Learning

The Year 8 programme of study in PHYSICAL EDUCATION builds on a child's key stage two and early key stage three experience by aiming to improve health and well-being, promote active participation and help all students fulfil their potential. We aim to ensure that children's experience of Physical Education is positive and motivating. Throughout Key Stage 3 PE, we offer a range of activities that look to stretch and develop students both practically and through application of theoretical knowledge.

Curriculum Intent – What are the curriculum aims?

The intent of PE at Plume is to expose students to a range of activities to promote lifelong participation at varying levels to lead a healthy active lifestyle and to provide opportunities for students to excel in sport.

How will we achieve this?

In PE we will develop a range of physical skills, promote lifelong values and develop resilience through a variety of activities and pathways, aiming to inspire all students to lead a healthy and active lifestyle. The curriculum will provide intellectual, mental and physical challenge at varying levels.

Curriculum Implementation – What my child will be learning?

2 lessons a week. Students have the opportunity to further develop the fundamental skills they have acquired through the practice of skills in isolation and full context lessons

Term 1	Half Term 1	<ol style="list-style-type: none"> 1) Skills, technique, tactics and strategies (Team Games). Focus on: <ul style="list-style-type: none"> • Improving outcomes in skills practises • Becoming adaptive when faced with challenging situations • Encourage decision-making 2) Evaluate performance and aim to achieve personal best - Health related fitness
	Half Term 2	<ol style="list-style-type: none"> 1) Skills, technique, tactics and strategies (Team Games). Focus on: <ul style="list-style-type: none"> • Improving outcomes in skills practises • Becoming adaptive when faced with challenging situations • Encourage decision-making 2) Develop and apply technique. Understand why correct technique supports positive outcomes and use knowledge to improve performance (examples include: gymnastics, table tennis)
Term 2	Half Term 3	<ol style="list-style-type: none"> 1) Intellectual and physical challenges. Teamwork, trust and problem solving – Outdoor and adventurous activities 2) Develop and apply technique. Understand why correct technique supports positive outcomes and use knowledge to improve performance (examples include: trampolining)
	Half Term 4	<ol style="list-style-type: none"> 1) Skills, technique, tactics and strategies (Team Games). Focus on:



		<ul style="list-style-type: none"> • Improving outcomes in skills practises • Becoming adaptive when faced with challenging situations • Encourage decision-making <p>2) Develop technique and improve their performance in other competitive sports - Athletics</p>
Term 3	Half Term 5	<p>1) Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best – Athletics</p> <p>2) Skills, tactics and strategies – Striking and Fielding Games</p>
	Half Term 6	<p>1) Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best – Athletics</p> <p>2) Skills, tactics and strategies – Striking and Fielding Games</p>

Curriculum Impact – How will progress be assessed?

Informally, student work is observed every lesson. Lesson activities include peer analysis, self-assessment (often based on success of skill), questioning techniques. Feedback given verbally.

Formal assessment is via a series of termly short assessments, covering the skills and full context element of the activity covered. The AQA GCSE specification will be used to grade students looking at:

- Application of technique and accuracy of skills
- Ability to select and apply skills to outwit opponents
- Evidence of application of skill to relevant position
- Contribution to the game

Super-Curricular Opportunities – Extending Learning

Useful supporting resources:	If a student is really passionate about this subject, they could:	As a parent/carer, I can assist my child in this subject by:
<p>Take part in competitive sports/ activities outside curriculum time. We offer an extensive extra-curricular programme updated on a termly basis.</p> <p>After attending clubs, students may be selected to represent Plume Academy in fixtures against other schools.</p> <p>Termly interform competitions where students can represent their form competitions.</p> <p>Mentoring for G&T students</p> <p>Opportunity to access PGL Outdoor & Adventurous Trip and/ or ski trip.</p>	<p>Speak to a member of the PE Team to find out about school-club links.</p> <p>Nominate themselves to be a Sports Captain – giving students a voice and enhancing their ownership of physical activity</p> <p>Wider Reading: All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s).</p> <p>Sports biographies and ‘day in the life of’ programs give an excellent insight into the world of the elite athlete.</p>	<p>Create a sporting habit for life - Physical activity contributes to both good physical and mental development. It has a wide range of physical and emotional benefits.</p> <p>Developing regular physical activity behaviours in childhood is crucial as we know that children who are active are more likely to become active adults and continue to reap the benefits of an active lifestyle throughout their life course.</p>