

Curriculum Area: Year 8 PE

2017/2018

Topics	Year Curriculum	How you can support learning at home, eg. books, websites, family learning through visits
<p>Students will be able to:</p> <ul style="list-style-type: none"> • Select, combine and perform skills with technical proficiency and fluency in response to changing and more complex situations, both in isolation and when put under pressure. They will be able to understand the roles and responsibilities of officials in their preferred sport. • Employ a range of more complex tactics or creative processes and adapt them to changing environments. • Accurately explain and evaluate the effectiveness of their own and/or others’ performances and suggest improvements accordingly. • Lead others in pairs, teams or small group situations with confidence demonstrating good organisational skills. • Understand and can communicate more complex tactics or creative ideas. • Set themselves ambitious challenges and goals in PE – and reflect accurately on progress towards them. • Sustain exercise for longer periods in specific activities and use different components of fitness to improve their health and well-being. They will understand how they can improve one aspect of fitness through training. • Have good knowledge of basic anatomical structures and can explain how to use different components of fitness to improve performance. 	<p>AP1</p>	

<ul style="list-style-type: none"> • Know and can explain the importance of a balanced diet and healthy lifestyle for the promotion of mental and physical well-being. 		
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