

Whitworth Community High School

Physical Education Department

Teacher in Charge/Faculty Leader:
Mr Cawley

Year 8 Learning Overview

Organisation of the classes:

Physical Education is taught twice a week in mixed or single sex, mixed ability groups based on the sport. Lessons are taught in various facilities including sports hall, fitness suite, tennis courts, old gym and outside grass. Students work for half a term on a single sport and are assessed against the school levels. One half term will be spent teaching a theory unit on "Components of Fitness".

Key Concepts

Students in year 8 study nine sports across the year working on one sport once a week for a full half term. We concentrate on developing sports specific skills that build on the basics developed in year 7. Students also work on developing their mental capacity through peer and self assessment which also drives their self confidence. One single unit of theory is also taught in year 8, students explore different aspects of fitness and apply these to sport and exercise.

What skills do I use in this subject?

- Problem Solving
- Whole body skills
- Fine motor skills
- Tactical and Strategy skills
- Leadership
- Communication

What will you be learning?

- Use a range of tactics and strategies to overcome opponents.
- Develop their technique and improve their performance.
- Perform dances using advanced dance techniques.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges.
- Analyse their performances compared to previous.
- Take part in competitive sports and activities outside school through community links or sports clubs.
- Develop theoretical understanding and apply this within sporting contexts.

How will you be learning?

- Teacher led activities
- Student led activities
- Peer coaching and evaluation
- Theory tasks
- Presentations
- Independent Learning
- Group/ Team/ Individual and Partner work
- Guided Discovery

How will your learning be assessed?

You will be assessed for theory and practical side of Physical Education. The theoretical aspects accounts for 60% of the assessment whilst the practical aspects counts for 40%. This framework mirrors the final GCSE mark for year 11. Within practical students are assessed within each sport. However, only the top three sports count towards their assessment. For theory, baseline assessments, theory work, tests and home learning make up the final mark.

Home Learning

Students receive two home learning booklets a year:

- Muscles and Football or Netball
- Coaching

Equipment needed?

Full Whitworth High School PE Kit as per the diary:
Boys- top, shorts, socks, trainers, boots for outside and optional ¼ zip jacket.
Girls- top, shorts or skirt, socks, trainers, boots for outside and optional ¼ zip top.

How can your parents support your learning?

Encourage physical activity at home to improve general fitness and sports specific skills. Students should also be encouraged to attend extra curricular clubs to develop sporting skills and to improve social skills such as communication and leadership.

SMSC Links – Focus on Aspirations

Students are able to do with success and failure in a positive manner. Health and safety is central to the lessons and students take personal responsibility. Students are encouraged to reach higher levels and attempt the difficult sports specific skills. Within lessons students encouraged to communicate giving constructive feedback to peers. Students will develop recognition of difference in cultural groups and will appreciate these differences.

What extra-curricular activities or enrichment opportunities are available?

Please see Physical Education extra curricular timetable