



# Physical Education

## Year 7 & Year 8

Students are taught twelve different sports from the following blocks on a rotational basis throughout the years

<p><b>Assessment</b></p> <p>Begin Year 7 with a block of informal assessment - one lesson a week of various activities to assist us baselining your current attainment.</p>	<p><b>Dance</b></p> <p>Study a block of Dance to develop aesthetic and creative prowess. It is also a chance to get a good understanding of what GCSE Dance will entail ready for Year 8 option choices.</p>	<p><b>Rugby</b></p> <p>Both boys and girls learn rugby in Year 7 and Year 8. This will begin with core skills and develop into contact as students become ready.</p>
<p><b>Athletics</b></p> <p>Spend a block of lessons in the Summer covering a breadth of athletic events in pursuit of your Personal Bests.</p>	<p><b>Football</b></p> <p>Boys and Girls will complete a block of lessons in football in Year 7 and Year 8 and you will develop skills, tactics as well as social skills.</p>	<p><b>Striking &amp; Fielding</b></p> <p>Learn basic striking and fielding skills through various sports such as Softball, Rounders and Cricket.</p>
<p><b>Badminton</b></p> <p>Badminton is taught in either Year 7 or Year 8 and you learn the basic skills rules and tactics of the game.</p>	<p><b>Handball</b></p> <p>Handball is taught in either Year 7 or Year 8 and you learn the basic skills, rules and tactics of the game.</p>	<p><b>Table Tennis</b></p> <p>Table Tennis is taught in either Year 7 or Year 8 and you learn the basic skills rules and tactics of the game.</p>
<p><b>Basketball</b></p> <p>Basketball is taught in either Year 7 or Year 8 and you learn the basic skills rules and tactics of the game.</p>	<p><b>Hockey</b></p> <p>All boys and girls will learn Hockey in Year 7 and Year 8, familiarising yourself with key skills and tactics.</p>	<p><b>Tennis</b></p> <p>Tennis is taught in both Year 7 and Year 8 and you develop knowledge and understanding of the rules, skills and tactics.</p>
<p><b>Cricket</b></p> <p>Cricket is taught to both boys and girls and you develop basic knowledge and understanding of the game and its skills and tactics.</p>	<p><b>Netball</b></p> <p>Both Boys and Girls learn Netball in Year 7 and Year 8 learning basic skills and tactics and developing knowledge and understanding.</p>	<p><b>Trampolining</b></p> <p>Complete blocks of Trampolining in both Year 7 and Year 8 to developing your aesthetic and creative abilities.</p>

Students have two lessons of PE each week in multi-ability groups where focus is given to a wide range of valuable skills such as social and personal skills and not merely physical abilities. Assessment at the end of each block and based on GCSE grading for sports performance with an additional grades for students effort and social impact in lessons (such as coaching peers). There is no recommended textbook for KS3 PE but the viewing of professional competitions of the sports studied is encouraged to help contextualise learning.