



Physical Education Course Outline 2nd Term- YEAR 8

The secondary students will undertake a diverse range of activities to allow them to experience many challenges and learning experiences suitable for their development. Emphasis will not only be placed on the psychomotor domain as PE is mainly viewed, but the students cognitive, social and emotional characteristics will also be developed. Feedback will play a significant role in pupil's development in every area. Whether this is self or peer evaluation, they will learn to identify strengths and weaknesses of a performer and how to suggest ways of improvement through varied and effective forms of communication. Through using a wide range of teaching and learning strategies appropriate for the age and stage of each and every student, all will feel included and will undoubtedly achieve success in Physical Education.

Activities and the aspects which will be covered

Each and every activity will last approximately six weeks apart from swimming which will run throughout the whole year. There may be some alterations to the length and which activities are offered however this will be discussed as a department prior to any changes being made. The activities covered will vary for each year group

Boys and Girls Swimming

Week Breakdown	Area of Focus	Learning Outcome
1-3	Front Crawl	<ul style="list-style-type: none"> - Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique. - Pupils will develop their knowledge and understanding on how to improve their own and others performances.
4-7	Back Crawl	<ul style="list-style-type: none"> - Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique. - Pupils will develop their knowledge and understanding on how to improve their own and others performances.
8-11	Breast Stroke/Diving/ Underwater Swimming	<ul style="list-style-type: none"> - Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique. - Pupils will develop their knowledge and understanding on how to improve their own and others performances. - Pupils will learn the correct body positioning for diving and will understand the principle of streamlining.

Boys Volleyball

Week Breakdown	Area of Focus	Learning Outcome
1	Game rules and footwork	<ul style="list-style-type: none">- Pupils will learn the scoring system, rotation of players and general rules of play.- Pupils will Learn how to move and control their feet to enhance their performance
2	The Set	<ul style="list-style-type: none">- Pupils will learn when and how to use the set effectively both in isolation and in a game situation- Pupils will further extend their knowledge on the smooth running of a full or mini game.
3	The Dig Systems of play	<ul style="list-style-type: none">- Pupils will learn when and how to use the dig in isolation and in a game situation.- Pupils will begin to look at systems of play in attack.
4	The spike Pupils tactics	<ul style="list-style-type: none">- Pupils will learn when and how to use the spike in isolation and in a game situation.- Pupils will take responsibility to create a tactic/plan for their team.
5	Conditioned Games	<ul style="list-style-type: none">- Pupils will have responsibility for their own individual performance and their team.- Pupils will self-assess their own performance.
6	Full games Final Assessment	<ul style="list-style-type: none">- Pupils will round off the volleyball block by producing their complete performance of all aspects covered.

Girls Volleyball

Week Breakdown	Area of Focus	Learning Outcome
1	Game rules and footwork	<ul style="list-style-type: none">- Pupils will learn the scoring system, rotation of players and general rules of play.- Pupils will Learn how to move and control their feet to enhance their performance
2	The Set	<ul style="list-style-type: none">- Pupils will learn when and how to use the set effectively both in isolation and in a game situation- Pupils will further extend their knowledge on the smooth running of a full or mini game.
3	The Dig Systems of play	<ul style="list-style-type: none">- Pupils will learn when and how to use the dig in isolation and in a game situation.- Pupils will begin to look at systems of play in attack.
4	The spike Pupils tactics	<ul style="list-style-type: none">- Pupils will learn when and how to use the spike in isolation and in a game situation.- Pupils will take responsibility to create a tactic/plan for

		their team.
5	Conditioned Games	<ul style="list-style-type: none"> - Pupils will have responsibility for their own individual performance and their team. - Pupils will self-assess their own performance.
6	Full games Final Assessment	<ul style="list-style-type: none"> - Pupils will round off the volleyball block by producing their complete performance of all aspects covered.

Boys and Girls Fitness

Week Breakdown	Area of Focus	Learning Outcome
7	Fitness Testing	<ul style="list-style-type: none"> - Pupils will understand the importance of testing their fitness prior to undertaking any physical training programme. - They will begin to learn to understand how physical wellbeing benefits their quality of life.
8	Circuit Training	<ul style="list-style-type: none"> - They will understand the role of the heart when exercising. - They will improve their muscular endurance and Cardio respiratory endurance.
9	Speed Endurance	<ul style="list-style-type: none"> - Pupils will develop, understand and apply speed endurance to specific activities.
10	Fartlek Training	<ul style="list-style-type: none"> - Pupils will develop, understand and apply fartlek training to specific activities.
11	Fitness re-testing	<ul style="list-style-type: none"> - Pupils will understand the importance of being able to measure their success or improvements.