



## What We Are Learning in Grade 8 Girls PE

Term 1	Term 2	Term 3	Working towards
<p><b>Unit Name:</b> Fitness</p> <p><b>Outcome:</b> For pupils to experience working at higher intensities. Pupils will understand more complex fitness terminology and how it applies to different training sessions. Pupils to design their own fitness session to show their understanding of the learning in the unit.</p> <p><b>Suggested tasks:</b></p> <ul style="list-style-type: none"> <li>• Aerobic endurance session</li> <li>• Muscular endurance session</li> <li>• Warm up/cool down</li> <li>• Strength session</li> <li>• Circuit training and the requirements</li> <li>• Core stability and its importance in fitness</li> </ul> <p><b>Final assessment:</b> Pupils to design a fitness session for themselves so they can push their fitness and demonstrate their knowledge and understanding of the level of fitness needed to perform sport successfully.</p>	<p><b>Unit Name:</b> Team Games</p> <p><b>Outcome:</b> For pupils to experience more technical aspects of different sports and apply different tactical approaches to these sports in order to try to develop and apply knowledge of different sporting tactics into different sports. Pupils to compare similarities and difference from sport to sport. Pupils will also develop simple teamwork skills like communication and leadership.</p> <p><b>Suggested tasks:</b> Pupils are to try sports through introduction sessions in basketball, football, handball for example, exploring similarities in spatial awareness, techniques and teamwork. Developing performance analysis skills simulations.</p> <p><b>Final assessment:</b> Students performance will be assessed in a game during the last lesson of the term</p>	<p><b>Unit Name:</b> Athletics</p> <p><b>Outcome:</b> Pupils will develop their knowledge of the technical aspects of different track and field events. They will enhance their performance through technical assessment.</p> <p><b>Suggested tasks:</b></p> <ul style="list-style-type: none"> <li>• Javelin</li> <li>• Shot</li> <li>• Sprinting</li> <li>• Long distance running</li> <li>• High jump</li> </ul> <p><b>Final assessment:</b> Their final assessment will be week to week pending the discipline they are learning that week. They have the chance to perform one of their chosen events on Sports Day.</p>	<p>There will be a Sports Day in February and many of the sports covered in term 3 will be in preparation for this. The other sports completed will try to make the students more well rounded athletes and develop their sporting knowledge.</p>

### Books you may find useful:

	<p>A book about Growth Mindset and Sport. It teaches the children how to deal with success and failures in sport and in life. It is written in a very accessible way and is an enjoyable book to go along with their PE course.</p> <hr/> <p><b>ISBN:</b> 9781526361332  <b>Publication date:</b> 19 Apr 2018</p>
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