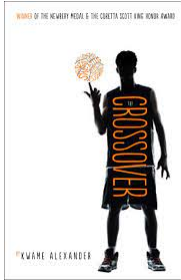
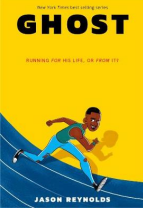


# Year 8 PE

## Key Learning

## Pre-Exposure Tasks

## Linked Fiction

<p><b>Autumn 1</b></p>	<p><b>Sport, Health and Wellbeing Activities</b> Participate in a range of sporting activities and follow a 'teaching games for understanding' model. Actively engage in lessons and develop a basic understanding of tactics and strategies within an activity. Participate in a health-based curriculum to raise awareness of the importance of physical activity and improve levels of fitness and general well being in a range of fitness activities.</p>	<p>Watch youtube clips of activities including Football, Rugby Union, Rugby League, Basketball, Netball, Handball, Trampolining, Badminton and Hockey.</p>	 <p><b>Crossover</b> Kwame Alexander</p>
<p><b>Autumn 2</b></p>			
<p><b>Spring 1</b></p>	<p><b>Activity and Health Based Sessions</b> Continue to experience a range of activities using the 'teaching games for understanding' model to develop your understanding of the rules, tactics and strategies of the activities. Focus on some alternative types of fitness in health-based lessons including Step Aerobics and Boxercise to increase fitness levels. Experience activities linking to the 'School Games Competition' including Indoor Sports Hall Athletics to introduce intra school competition. Develop important character skills including teamwork, leadership and communication skills.</p>		 <p><b>Ghost</b> Jason Reynolds</p>
<p><b>Spring 2</b></p>			