

BY THE END OF YEAR 8

- Has developed subject specific skills/techniques.
- Can make links across different activities.
- Can use self/peer assessment to improve performance in a wide range of sports and activities (games, dance, individual performance, OAA).
- Shows an understanding of the components of fitness and which are better suited for different sports and activities.
- Demonstrates confidence as a player, coach and official.
- Displays a strong mindset and can overcome challenge in various situations.
- Shows confidence in a wide range of activities (games, dance, individual performance, OAA).

SB=DEVELOPING

SS=EXPECTED

SG=ABOVE EXPECTED



YEAR 8 PE CURRICULUM (EXPLORING PERSONAL DEVELOPMENT)



YEAR 8	MODULE 1			MODULE 2		MODULE 3	
	1-2	3-7	8-12	1-6	7-12	1-6	7-12
GROUP 1 Boys 1	BASELINE	INVASION SH	HRE/TT FS/DS	RUGBY/FOOTBALL FIELD/1/2 ASTRO	TENNIS/ATHLETICS MUGA/FIELD	OAA/CLIMBING FIELD/SH	STRIKE & FIELD ½ ASTRO
GROUP 2 Girls 1	BASELINE	INVASION MUGA	TT/HRE DS/FS	FOOTBALL/RUGBY 1/2 ASTRO/FIELD	ATHLETICS/TENNIS FIELD/MUGA	CLIMBING/OAA SH/FIELD	STRIKE & FIELD ½ ASTRO
GROUP 3 Boys 2	BASELINE	RUGBY/FOOTBALL FIELD/1/2 ASTRO	INVASION SH	HRE/TT FS/DS	STRIKE & FIELD ½ ASTRO	TENNIS/ATHLETICS MUGA/FIELD	OAA/CLIMBING FIELD/SH
GROUP 4 Girls 2	BASELINE	FOOTBALL/RUGBY 1/2 ASTRO/FIELD	INVASION MUGA	TT/HRE DS/FS	STRIKE & FIELD ½ ASTRO	ATHLETICS/TENNIS FIELD/MUGA	CLIMBING/OAA SH/FIELD
GROUP 5 Mixed	BASELINE	HRE/TT FS/DS	RUGBY/FOOTBALL FIELD/1/2 ASTRO	INVASION SH	OAA/CLIMBING FIELD/SH	STRIKE & FIELD ½ ASTRO	TENNIS/ATHLETICS MUGA/FIELD
EXPLORING PERSONAL DEVELOPMENT							
	RESILIENCE			COMMUNICATION		INTRA-PERSONAL SKILLS	
	<ol style="list-style-type: none"> 1. Resilience 2. Embracing Failure 3. Persistence 4. Growth Mindset 			<ol style="list-style-type: none"> 1. Verbal Communication 2. Non-Verbal Communication 3. Active listening 4. Providing and receiving feedback 		<ol style="list-style-type: none"> 1. Behaviour 2. Empathy 3. Patience 4. Adaptability 5. Coping with Pressure 6. Work Ethic 	