

Year 8 end points:

Students will:

- Combine basic skills and develop knowledge and performance of advanced skills, techniques and tactics in competitive situations in the following: net, striking and fielding, invasion games and athletics.
- explain tactical strategies and be able to implement these within game situations.
- understand what makes a performance effective and how to apply these principles to their own and other's work
- apply rules with competence in a range of sports.
- demonstrate knowledge of the body systems to be able to explain the components of a warm-up.
- explain the effects of exercise on the muscular system.
- take part in outdoor and adventurous activities which encourages understanding of navigation and problem-solving skills.
- summarise the benefits of leading a healthy active lifestyle through exercise and diet
- further enhance skill development through attending extracurricular sessions.