

## Year 8 - Sport & Health

### What will be studied?

#### Topic(s)

**Health and Fitness** - Students develop an understanding of the components of fitness through practical application and theoretical knowledge. All students will complete fitness testing at 3 points during the academic year.

**Creative (Dance or Gymnastics)** - Students learn choreography techniques and how to include these into a final dance performance. Students learn how to perform gymnastics movements to showcase in a final performance.

**Net/wall games** - Students will take part in badminton and table tennis, learning how to perform skills and play in full games.

**Invasion games** - Students learn skills, tactics and strategies to outwit their opponents.

**Striking and Fielding** - Students learn the fundamental skills of striking and fielding and implement them in game play.

**Athletics** - Students learn track and field events, as well as training methods aimed to improve performance in athletics activities.

### How do you assess the learning?

All end of unit grades are given by completing core tasks, and full game play. In all units, students will experience peer and self-assessment, practical moderation, home learning tasks.

Theory-Components of fitness, Respiratory system, Circulatory system, Skeletal/Muscular system.

### End of Year Assessment

#### How will I be assessed at the end of the year?

Students will be assessed using the 9 – 1 gradings for all practical activities. An average grade will be given from all activities completed during the academic year.

### How can I help my child?

#### Guidance and advice

ShowMyHomework, Brian Mac, Extra-curricular clubs.