



## **Physical Education: Year 8 Overview**

In Year 8, the PE Faculty arrange students into mixed, ability groups. There are still 4 teaching groups occurring at the same time for 3 form classes, but now all students are mixed up according to their ability and enthusiasm for PE.

We have found that this enables those students who are very able, enthusiastic and competitive to be in the same group, while those students who find PE challenging for whatever reason, can pursue their Physical Education at a slower and less competitive pace.

Blocks are split as they are for Year 7, so each block of work usually lasts for either 4, 5 or 6 weeks.

### **Activities covered in Year 8**

Basketball, football, fitness, rugby, trampolining, netball, athletics, cricket/rounders, net games.