

P.E.



The areas of development are:	Solutions
<u>P.E.</u>	
<ul style="list-style-type: none">Performing the correct skills and techniques in isolation	<ul style="list-style-type: none">Use the Coaching website to help you improve your leadership skillsUtilise Microsoft Teams and work set by the PE team to help improve your skills and techniquesWatch sports on the TV/Youtube to gain a deeper understanding of the skills and techniques required in a particular sport/activityAttend extra-curricular activities
<ul style="list-style-type: none">Performing the correct skills and technique in practice situations	<ul style="list-style-type: none">Use the Coaching website to help you improve your leadership skillsUtilise Microsoft Teams and work set by the PE team to help improve your skills and techniquesWatch sports on the TV/Youtube to gain a deeper understanding of the skills and techniques required in a particular sport/activityAttend extra-curricular activities
<ul style="list-style-type: none">Selecting and applying skills, tactics and techniques in a competitive game situations	<ul style="list-style-type: none">Use the Coaching website to help you improve your leadership skillsUtilise Microsoft Teams and work set by the PE team to help improve your skills and techniquesWatch sports on the TV/Youtube to gain a deeper understanding of the skills and techniques required in a particular sport/activityAttend extra-curricular activities

<ul style="list-style-type: none"> Analyzing their performances compared to previous ones, demonstrating improvement and achieving their personal best 	<ul style="list-style-type: none"> Use the Top End Sports website to help improve your knowledge and understanding of the rules and regulations Use self/peer/teacher feedback effectively
<ul style="list-style-type: none"> Having a sound knowledge and understanding of rules and regulations in different sports/activities 	<ul style="list-style-type: none"> Use the Top End Sports website to help improve your knowledge and understanding of the rules and regulations Attend extra-curricular training and activities Offer to officiate in practical lessons
<ul style="list-style-type: none"> Independently performing an effective warm-up 	<ul style="list-style-type: none"> Use Youtube and Top End Sports website to help you design your own independent warm up

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