

Year 8 – Health & Wellbeing

Curriculum intent	Year 8 are challenged to understand and develop their own character. Learners are tasked to understand and explain the links between physical, social and emotional health and be able to analyse the effects of exercise. Learners are given guidance concerning leadership and develop a range of communication skills through physical activity and coaching. Core values and key competencies are reinforced through challenging and innovative lessons.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p>Hockey Netball Personal Fitness Young Sports Leaders Award</p> <p>Knowledge Communication Physical Ability</p> <p>In year 8 learners will have the opportunity to undertake the Nationally recognised qualification in Young Sports Leadership. Learners will complete a course in which they develop their leadership skills and learn how to</p>	<p>Basketball Football Table Tennis Young Sports Leaders Award</p> <p>Understanding Respect Fitness Level</p> <p>Learners will be challenged to test their fitness levels and compare these results to that of National averages. Reflecting on their current levels of performance and being able to set targets for</p>	<p>Volleyball Rugby Young Sports Leaders Award</p> <p>Analysis Leadership Competition</p> <p>Being able to compete effectively and perform as an effective competitor requires not only an understanding of the sport or activity but also requires and range of skills.</p>	<p>Handball Indoor Athletics Young Sports Leaders Award</p> <p>Feedback Resilience Technique</p> <p>Communication both verbal and non verbal will be discussed and used to influence a performance within sport.</p> <p>Physical ability will be developed and tested throughout, challenging</p>	<p>Rounders Cricket Athletics Young Sports Leaders Award</p> <p>Responsibility Effort Tactics</p> <p>Observing a performance and then reacting with a set tactic or play will help further their impact in competition. Learners will continue to develop their sport specific</p>	<p>Softball Lacrosse Athletics Young Sports Leaders Award</p> <p>Rules/Regulations Confidence Problem Solving</p> <p>Having developed a good range of skills through a vast range of sport learners will now be focusing on how their selection and use of advanced skills can be the difference</p>



Rayner Stephens
HIGH SCHOOL