

Physical Education

Programme of Study	Year 8 Milestones	
Games	Use a range of tactics and strategies to overcome opponents in face-to-face competition through team and individual games	
	Become more competent, confident and expert in techniques	
	Understand what makes a performance effective and apply these principles to own and others' work	
	In racket sports vary serve effectively and understand the need for this.	
	Perform a basic repertoire of shots (including smash) in a competitive environment.	
	Officiate a variety of games with confidence	
Dance	Understand what makes performance effective and apply these principles to own and others' work	
	Express an idea in original and imaginative ways	
	Consistently plan, perform and repeat complex sequences	
	Show control in movements and a rhythmic awareness	
Gymnastics	Understand what makes performance effective and apply these principles to own and others' work	
	Show competence in varying speed, direction, level and body rotation during floor performances	
	Sequence work is creative and imaginative and is confidently performed from start to finish.	
	Analyse then refine performance	
Athletics	Understand what makes a performance effective and apply these principles to own and others' work	
	Understand rules for officiating in a throwing event	
	Add run ups, shuffle, turns to throws	
	Compete with others and keep track of personal best performances, setting targets for improvement	
Outdoor and Adventurous Activities	Take part in outdoor and adventurous activities, which present mental and physical challenges and be encouraged to work in a team	
	Empathise with others and offer support without being asked	
	Use maps and compasses to orientate themselves	
	Remain positive even in the most challenging circumstances, rallying others if need be.	
	Quickly assess changing conditions and adapt plans to ensure safety comes first	
	Explain how the body reacts during different types of exercise and why regular safe exercise is good for fitness and health.	

[illegible]