



Year 8: Physical Education

Term 1 topic: Fitness & Body Systems

- Muscles in arms and legs
- Bones in arms and legs
- Classification of bones (Irregular, short, long, flat)
- Functions of the skeleton
- Types of Joint (ball & socket, hinge, pivot)
- Movements at joint (adduction, abduction, extension, flexion, rotation)
- Ligaments and tendons (what do they attach to, what are their roles)
- 3 phases of a warm-up
- Components of fitness (coordination, speed, agility, balance, strength, reaction time, cardio-vascular endurance, muscular endurance)

Expo 2020 'Challenge' Activity – 'Connecting Minds, Creating the future' Opportunity, Mobility, Sustainability

Students will be offered the **opportunity** to participate in a wide range of sports in curriculum lessons, throughout the year. Many of these sports will correlate with the Dubai Schools Sports Leagues.

Students who are interested in pursuing their interest in specific sports can attend the many sporting ECAs and fixtures on offer, providing further opportunities to access **mobility** and make **connections** with local and international schools.

Term 2 topic: Health & Well-being

- 7 food groups
- Sedentary lifestyles & possible health risks
- Components of health (physical, social, emotional)
- Body composition and how exercise can improve this
- Overweight & Overfat
- Effects of smoking for a sports performer

Cross Curricular Links/Projects

The KS3 PE curriculum links closely with the KS3 Science curriculum. There are many overlaps where students can transfer knowledge from one curriculum area to the other. Links include: the skeleton; bones, muscles & joints; heart rates; food groups.

Term 3 topic: Rules, Fitness & Data

- Rules from sports and consequences if these are broken
- Heart Rates at different stages of exercise
- Components of Fitness, tests for these and examples of why they are important to sport
- Sportsmanship & Gamesmanship
- SMART Targets

Assessment Format:

The assessments will be a combination of multiple choice and short answer questions. Term 3 will also include some data analysis where you will need to interpret graphs and tables.

Assessment Objective Overview

Practical and Theory assessments will assess students in the following key areas:

AO1: Demonstrate knowledge and understanding

AO2: Apply knowledge and understanding

AO3: Analyse and evaluate factors that underpin performance

AO4: Demonstrate and apply relevant skills and techniques

Links for Home Learning/Extension Resources:

www.brianmac.co.uk

<https://www.bbc.com/education/subjects/zdhs34j>

www.teachpe.com