

Subject

PHYSICAL EDUCATION

Year 8 GIRLS

Time of Assessment
Half Termly

Knowledge to be Assessed:

Students will be assessed in a range of different activities in both PE and Games lessons.

- **Gymnastics**
- **Handball**
- **Swimming**
- **Football**
- **Athletics**
- **Hockey**
- **Netball**
- **Cricket**
- **Cross Country**

All PE assessments are combined with Games assessments to generate an average overall grade.



Skills to be assessed:

- **Ability to demonstrate a range of basic and more advanced skills and techniques**
- **Understanding of rules and tactics**
- **Basic anatomy & physiology**
- **Importance of warming up & cooling down**

Resources to help Revision:

[Handball: learn the basics \(youtube.com\)](#)

[Gymnastics – counterbalance challenges](#)

[Gymnastics – practice sequence](#)

[Swimming – skills increasing in difficulty](#)

Hockey skills videos -
<https://www.youtube.com/@HertzbergerTV>

[Football basic skills](#)

Grade Descriptors: How the assessment is graded?

Emerging	Developing	Secure	Mastering	Extending
Shows limited knowledge and understanding in the activity.	Has some knowledge of the skills and techniques for the activity	Has some success and can perform skills with some consistency.	Has good knowledge and understanding and the ability to perform consistently.	Has excellent knowledge and understanding and excels at the activity.

Subject

PHYSICAL EDUCATION

Year 8 BOYS

Time of Assessment

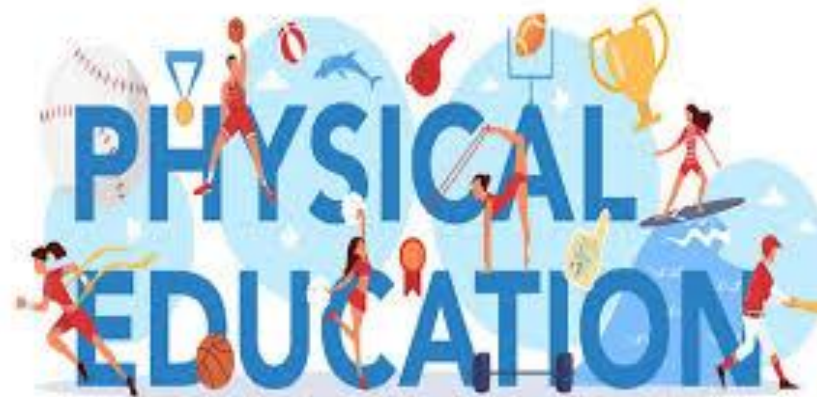
Half Termly

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- Handball
- Swimming
- Hockey
- Athletics
- Rugby
- Football
- Cricket
- Cross Country

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