General Aim of the subject

PE develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. In Year 8, we continually aim to enable all pupils to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

By offering PE at BIS Abu Dhabi, we aim to give our students the opportunity and encouragement to achieve their potential in a stimulating, informative and safe environment; to encourage a healthy and active lifestyle; to nurture sportsmanship in all aspects of competition; to create a passion for active recreation and sport and to assist pupils in reaching their physical potential in a variety of sporting environments

Year 8 Curriculum Content

Number of lessons per timetable cycle: 4

Although delivered at slightly different times of the year, a typical Year 7 student would experience the following areas of study:

Term	Term 1	Term 2	Term 3
Topic	Health & Fitness Swimming Invasion games	Athletics Gym & Dance	Striking & Fielding Net & Wall Adventurous Activities
Assessment	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition

Useful website(s):

Brian Mac Sports Coach: https://www.brianmac.co.uk/index.htm

BBC Sports Academy: http://news.bbc.co.uk/sport2/hi/academy/default.stm

Global Campus Olympic Training Programme: http://globalcampus.nae.school/course/view.php?id=310

(must login to Global Campus first with your school login details)