

OVERVIEW

Our PE and Health Curriculum has been designed to develop and enrich our students by teaching essential life skills through the exciting and challenging world of PE and sport. The PE Curriculum at ICA is underpinned by the following principles; Entitlement, Coherence, Mastery, Adaptability, Representation and Education with character.

The students will be assessed using Key Performance Indicators that have been mapped across three strands; Fit to Perform, Fit to Lead and Fit for life. The ICA PE progression model ensures that all students can make excellent progress over time.

Throughout Year 8, the students will build on the knowledge, skills and understanding, gained in Year 7.

Autumn

The students will learn and be able to replicate the more complex skills and movements required for the respective activities. They will learn to perform skills and techniques under progressive pressure. The students will explore attacking and defending skills and learn more complex tactics and rules. They will learn more advanced problem-solving skills and start to develop spatial awareness.

Football	Handball
Rugby	Fitness
Basketball	Badminton
Orienteering	Dance
Netball	Leadership
Gymnastics	Striking and fielding (Rounders / Cricket / Softball)
Inter-form competitions	Athletics

Spring

The students will perform a wider range of skills to maintain and win rallies, including use of backhand. The students will learn about character development, transitions and musicality. The students will start to develop their leadership skills through the silver level, fit to lead award.

Summer

The students will develop skills such as throwing, catching, batting and bowling and develop their skills, technique and knowledge in striking and fielding events, such as, cricket, softball and rounders. They will also be introduced to athletics events and be able to replicate skills and techniques required to perform effectively.

**Assessment:**

Key Performance Indicators

Fit to Perform

Fit to Lead

Fit for Life

**Personal development:**

concepts explored:

- Skills
- Techniques
- Communication
- Tactics
- Enthusiasm
- Determination
- Healthy Lifestyle
- Fitness Components
- Leadership Skills
- Athletics disciplines

**Useful resources for supporting your child at home:**

Access to a full ICA PE kit, suitable for both warm and cold weather.