

# Physical Education Y8 - TERM 1.1



## I ANALYSE

- Identify key rules, skills, and tactics in different sports.
- Explain benefits of physical activity.
- Analyse how actions affect outcomes.
- Give clear feedback to improve performance.



## I EVALUATE

- Identify strengths and areas to improve.
- Give specific, helpful feedback.
- Reflect on how preparation affects performance.
- Explain performance using key terms.
- Suggest ways to improve outcomes.



## I INTERPRET

- Explain different leadership roles in sport.
- Show empathy and respect in group tasks.
- Communicate clearly in discussions and activities.
- Encourage and support peers.
- Interpret team dynamics and respond appropriately.



## I PRACTISE

- Practise techniques with accuracy and control.
- Work under pressure in game situations.
- Improve performance by targeting key skills.
- Engage in warm-ups and skill drills.
- Show consistent effort during lessons.

## I READ

[GCSE Physical Education - Edexcel - BBC Bitesize](#)

## I LEARN

Health Related Fitness Skills

Racket Sports

Aesthetic Sports

Attacking and Defending

Net Sports