

YEAR 8!

PE JOURNEY: BROADENING SPORTING EXPERIENCES

DAY IN THE LIFE OF AN ELITE ATHELETE ARRANGED BY PE DEPARTMENT

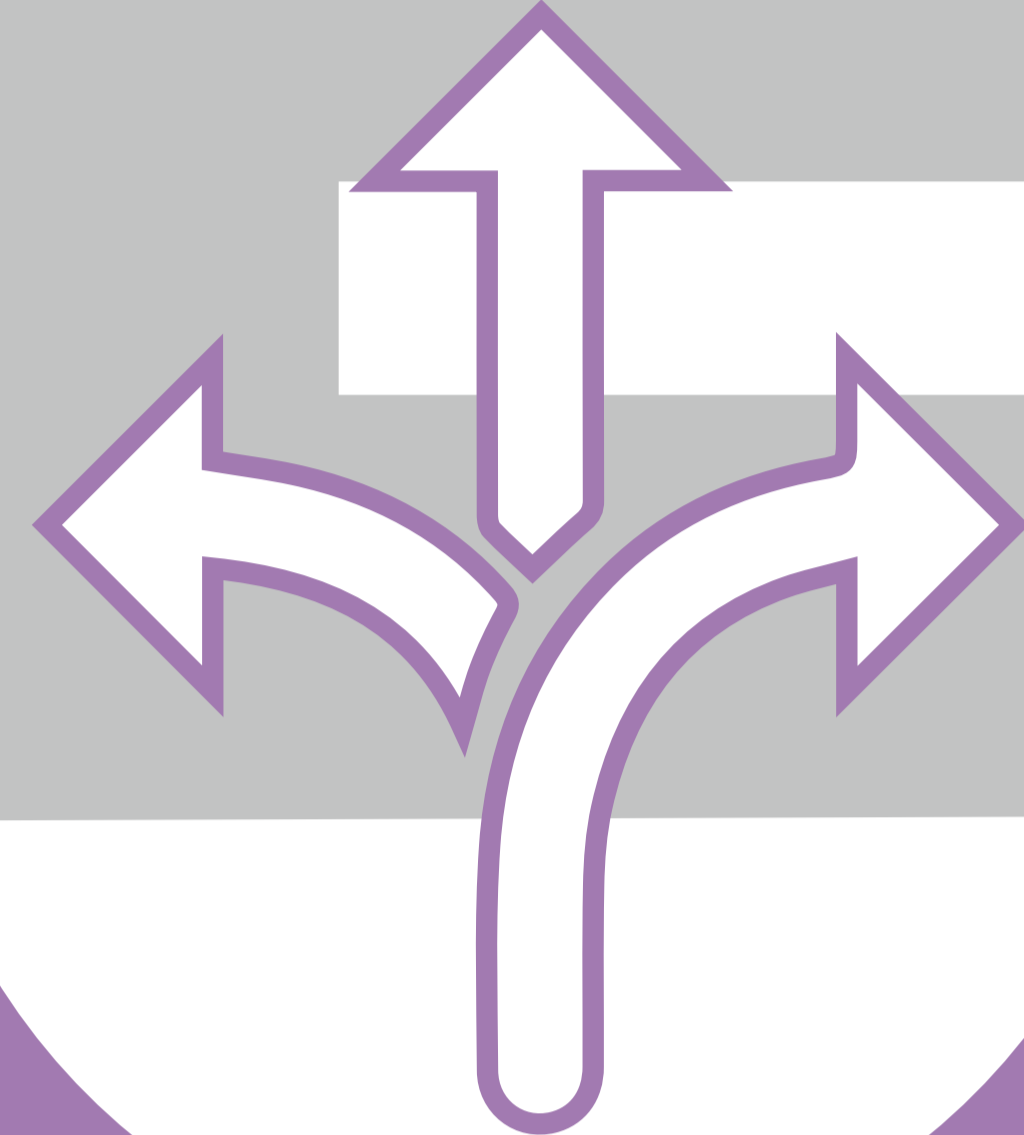
Build up your fitness

Learn dodging skills, different styles of dance and man-to-man marking

SUMMER TERM

Develop hand-eye co-ordination in game situations

Identify what PE and Sport can do for you in adult life



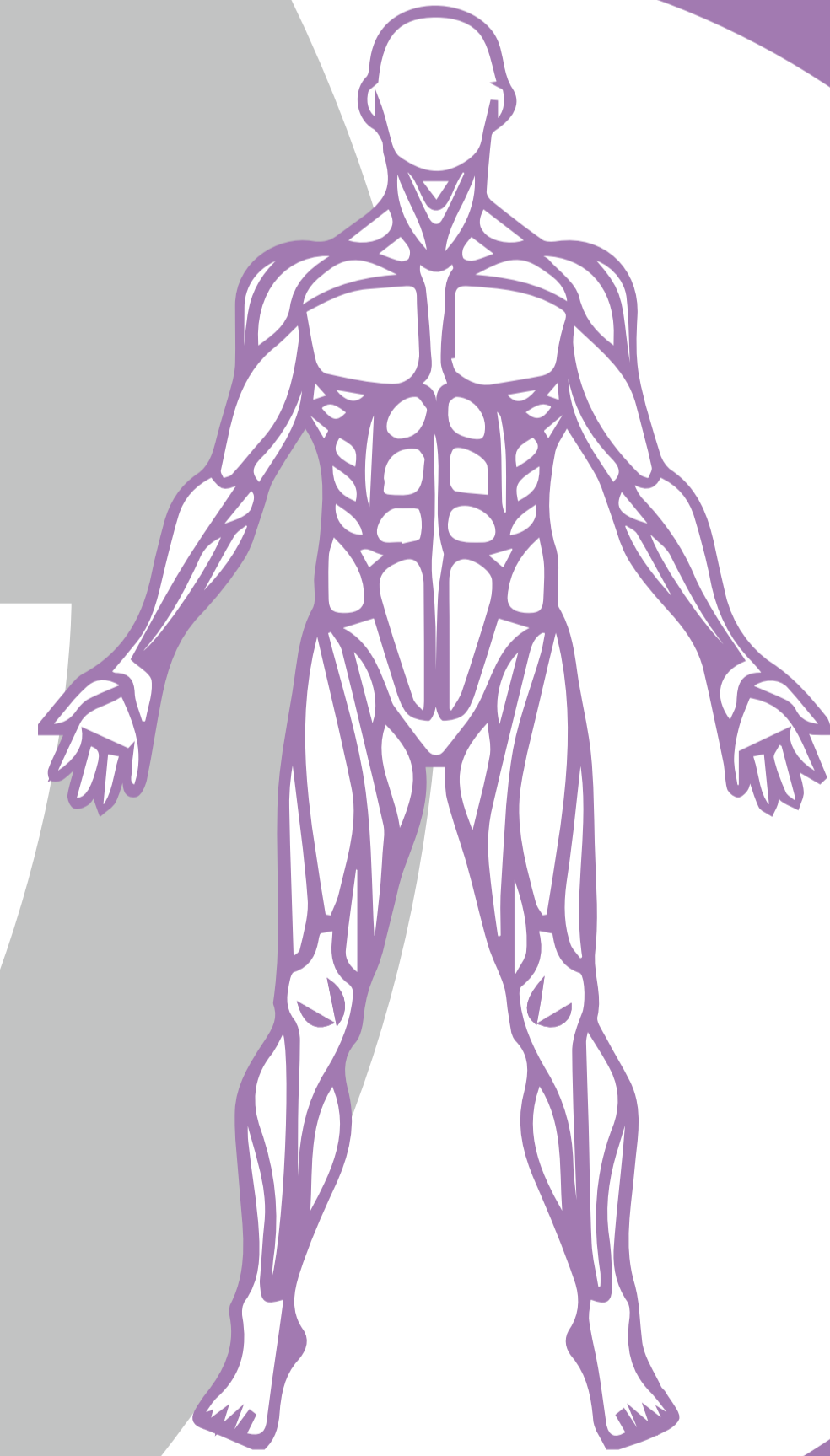
Research subject choices for PE

BIANNUAL TRIP TO BARCELONA FOR FOOTBALL AND EDUCATIONAL /CULTURAL TRIP

SPRING TERM

Participate in academy sports fixtures

Understand the core muscle groups



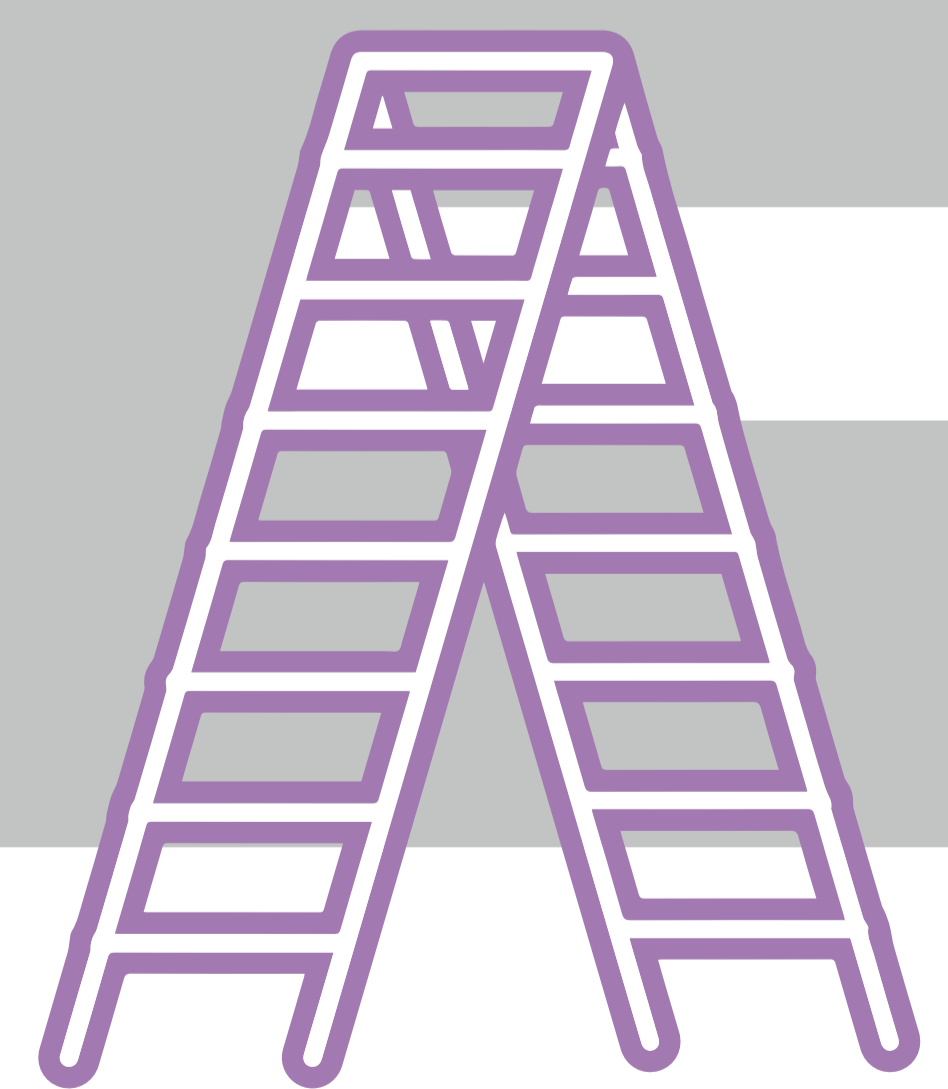
Attend Year 8 options evening

WEMBLEY (ENGLAND FOOTBALL) AND COPPER BOX/LBOR NETBALL SUPER LEAGUE TRIP TO INSPIRE STUDENTS

AUTUMN TERM

Sign up to one or more extracurricular clubs

Remember to bring your kit



Maintain high ATL grades

Aim for places on school sports teams

Put your all into every practice!