

# Achieve Higher

Year 8



Co-op Academy  
Stoke-on-Trent

SUBJECT NAME: Physical Education				
Half Term	Curriculum	Reading	Watching & Listening	Other Opportunities
Autumn Term	Components of Skill Related Fitness	The Flea - The Amazing Story of Leo Messi  Driven from within Book by Michael Jordan	Please watch this video explaining the different components of skill related fitness <a href="#">BTEC PE - Components of Skill-Related Fitness</a>	Watch your favourite sport on TV and write down all the components of skill related fitness that you think make a specific athlete excel.  Participate in a sport that you have never tried before to see if you have the skills to be successful in this activity
Spring Term	Components of Physical Fitness	Please read through this article <a href="https://ischoolconnect.com/blog/the-importance-of-physical-fitness-components-you-must-know/">https://ischoolconnect.com/blog/the-importance-of-physical-fitness-components-you-must-know/</a>	Please watch this video explaining the different components of fitness <a href="https://www.youtube.com/watch?v=trCAwt65FE">https://www.youtube.com/watch?v=trCAwt65FE</a>	Watch your favourite sport on TV and write down all the components of physical fitness that you think make a specific athlete excel.  Participate in a sport that you have never tried before to see if you have the skills to be successful in this activity
Summer Term	Effects of exercise short term	Please open the following page: <a href="#">Short Term Effects of Exercise</a> , read page 1 and answer the questions	Please watch the following video on the <a href="#">Short Term Effects of Exercise</a>	Get Active!  Week 1 - Try to complete at least 30 minutes of physical activity outdoors AND 10 sit ups once a week Week 2 - Try to complete at least 30 minutes of physical activity