

**PHYSICAL EDUCATION
AL JAZEERA ACADEMY,
MIDDLE YEARS PROGRAMME, 2009-2010**

TOPICS	OBJECTIVES	AREAS OF INTERACTION	ASSESSMENT CRITERIA
<p>Topics: Yr 8 Swimming</p> <p>Unit Question How can we make our Arm and leg action more Effective?</p> <p>Content/Key questions:</p> <p>Why do we have to kick effectively?</p> <p>Why do we have to keep our head in water when breathing in freestyle?</p> <p>What breathing technique do we use?</p> <p>Why is it important to improve stamina?</p>	<p>A) demonstrate an understanding of basic concepts, strategies, techniques and rules related to swimming, and apply them in context</p> <p>A) demonstrate an understanding of the basic principles that contribute to fitness, and their importance in swimming</p> <p>B) demonstrate the skills and techniques necessary for active participation in some performance situations in swimming</p> <p>C) take an active role in their own learning process and demonstrate enthusiasm and commitment when taking part in swimming</p> <p>C) set simple goals to enhance learning and take action towards achieving them.</p>	<p>Health & Social:</p> <p>Fitness demands of swimming different strokes, which basic muscle work to improve technique (anatomical names)</p>	<p>Knowledge and Understanding Criterion A (8)</p> <p>Movement and Composition Criterion B (6)</p> <p>Performance and Application Objective C (10)</p> <p>Social Skills and Personal Engagement Criterion D (8)</p> <p>The above criteria will be assessed as applicable to the following tasks:</p> <p>Performance assessment. Time test. Peer Assessment Self Assessment</p>

--	--	--	--