



Subject	PE – year 8	
Title/Topic	Format	Length
Online test (20 marks)	Multiple choice	30 mins
Practical assessment of activities	Core skills and application of skills in full context	N/A

In this Advent assessment I will be asked to show I can...

Demonstrate an understanding of the principles of training effectively.

Demonstrate the core skills and apply them accurately in a full context or competitive situation.

What should I do to revise and prepare for this assessment?

Review your knowledge organiser and work booklet and self-test with a partner or parent. Re-watch the lesson video and complete any practice questions in your work booklet.

What useful websites/resources could I use to help me prepare?

The online resources on SatchelOne can support preparation for the online assessment.