

Year 8

Physical Competence

Netball
Football
Gym

Personal Performance

Athletics

Problem Solving

Orienteering
S & F

Mindset

Young Leaders
Handball
Tennis

Creative

Gymnastics

Fitness and Wellbeing

Fitness
Theory

BEGINNING

- Can use a variety of skills with **some** co-ordination and control
- Can use the space during a practice situation / sequence



BEGINNING

- Can cope with and react positively to less than perfect performance.
- Beginning to identify personal strengths and areas of improvement required.



BEGINNING

- Can explain what they are doing and why
- Can identify areas of strength in their performance



BEGINNING

- Can guide a small group through a task.
- Can co-operate well with others and give helpful feedback



BEGINNING

- Can link actions and develop sequences of movements that express their own ideas.
- Can recognise similarities and differences in movements



BEGINNING

- Can describe the short term effects of exercise on the body.
- Can explain why it is important to lead a balanced active healthy lifestyle.



DEVELOPING

- Can link a range of skills together with **reasonable** control and some **consistency**
- Can work as part of a group or team



DEVELOPING

- Prepared to perform in front of others even if less than confident in the activity.
- Shows a commitment to improve level of performance.



DEVELOPING

- Can identify specific areas of weakness in the group to work upon
- Can consider others needs and strengths



DEVELOPING

- Can help to organise roles and responsibilities.
- Can help the group to make decisions and communicate instructions effectively.



DEVELOPING

- Can suggest creative ideas to make the task more interesting
- Performance accurately reflects the requirements of the task



DEVELOPING

- Can perform in activities showing levels of fitness.
- Can explain why the body changes during exercise



SECURE

- Can perform a range of skills with **SOME accuracy & effectiveness** in practice situations
- Can demonstrate good body control and awareness.



SECURE

- Can alter and adapt techniques after evaluating performance
- Can persevere and improve their performance with practice



SECURE

- Can offer ideas and suggestions to the group.
- Can make good decisions depending on what is going on around them.



SECURE

- Can give and receive sensitive feedback to improve own and others performance.
- Can negotiate and collaborate with others in the team



SECURE

- Can adapt tasks to make the response more challenging.
- Can show expression to the audience



SECURE

- Can undertake fitness tests and explain which component is being assessed.
- Able to link different components of fitness to a variety of sports/athletes.



EMBEDDING

- Can perform a variety of skills **fluently and accurately** during a performance.
- Can show *spatial awareness*

EMBEDDING

- Able to set appropriate targets to ensure progress and improvement*
- Can remain positive and focussed when activity becomes difficult.*

EMBEDDING

- Can develop ideas and strategies in order to beat the other teams.*
- Can read and react to different tasks/problems given.*

EMBEDDING

- Can **lead** a small group through a task and make adaptations where necessary.
- Can motivate those around them to perform better

EMBEDDING

- Can adapt and adjust skills and movements so they are different from or in contrast to others.
- Can respond imaginatively to different situations.

EMBEDDING

- Can design and follow a general fitness exercise programme..*
- Can perform in activities showing above average levels of fitness.*

EXTENDING

- Can perform a variety of skills **consistently and effectively in challenging or competitive** situations.
- Can effectively make adjustments to techniques when required.

EXTENDING

- Regularly practise the event/position and is determined to improve.*
- Can create a plan to improve levels of performance, making adjustments when necessary.*

EXTENDING

- Can review, analyse and evaluate their own and others' strengths and weaknesses in the group.*
- Can solve complex problems and explain how they did it.*

EXTENDING

- Can work effectively with others and contribute to decisions effectively.*
- Can lead teams/groups and question them appropriately.*

EXTENDING

- Can add own personal expression to a sequence.*
- Can use variety and creativity to engage an audience.*

EXTENDING

- Can explain the long term effects & benefits of health and fitness.*
- Can name most of the main bones and muscles in the body.*

EXCELLING

- Can perform a variety of skills with precision, control, fluency and originality in pressure situations.
- Can perform and **adapt/modify actions when required in challenging or competitive** situations.

EXCELLING

- Can perform in pressured situations and can adapt techniques easily to most new events.
- Regularly competes and trains outside of curriculum time.

EXCELLING

- Can critically analyse and evaluate quality of performance, prioritising learning and action that will lead to improvement.*
- Can cope with multiple information and changes to unfamiliar situations.*

EXCELLING

- Can accept and take on a role most suited to the group/team and negotiate a change on that role when appropriate.
- Can actively seek opportunities to lead.

EXCELLING

- Can apply advanced compositional principles and modify them in response to changing circumstances.*
- Can improvise in order to achieve the required outcome.*

EXCELLING

- Can perform in activities showing high levels of fitness and determination.*
- Can analyse fitness test results and identify areas for improvement*