

Year 8 - Badminton

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can identify some reasons as to why I need to complete a warm up. • I understand how the body reacts during exercise. • I can identify and describe rules & tactics in some sporting activities. • I am beginning to have some understanding of techniques, which can help me to improve my own performance. 	<ul style="list-style-type: none"> • I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity. • I can explain the benefits to the body and mind of regular participation. • I can apply my knowledge of rules and tactics of several different sports. • I can give some feedback to my peers and teams overall performance. 	<ul style="list-style-type: none"> • I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • I can lead and officiate matches showing a good understanding of the rules. • I can analyse performance of myself and peer in order to improve skills, techniques and/or fitness levels. 	<ul style="list-style-type: none"> • I can evaluate and justify different training methods for performers sporting needs. • I display an excellent understanding and justify how skills and tactics could improve the quality of performance. • I can lead others in activities and warm ups to enhance students learning.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can demonstrate confidence and understand effective communication within discussions and activities. • I give 100% effort to every activity and am often resilient when faced with challenging tasks. • I consistently demonstrate respect of equipment and others. 	<ul style="list-style-type: none"> • I can confidently lead a group of people, applying a variety of roles: official, coach, teacher and captain. • I demonstrate empathy, patience and respect for my peers and can support and motivate them to improve performance. 	<ul style="list-style-type: none"> • I demonstrate good leadership qualities both in lesson and after school clubs. • I am respected and respectful, and I have developed a positive working relationship with staff and students across the school. 	<ul style="list-style-type: none"> • I am hardworking and helpful in lessons and at after school clubs. • I have great leadership qualities and am an active leader, in lessons and after school. • I can be a positive role model, demonstrating commitment; I participate in school and inspire others.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can hold the racket with basic control • I can serve a basic backhand serve • I can make contact with the shuttle using a basic technique, but do not always get it over the net. 	<ul style="list-style-type: none"> • I can demonstrate a competent grip • I will have a go at the forehand serve, but I am not always successful • I frequently make contact with the shuttle with a competent technique and it usually goes over the net. 	<ul style="list-style-type: none"> • I can demonstrate the correct grip • My forehand serve technique is good and often lands in the correct service box • I can hit the ball over the net and I am beginning to select different shots to use with a good technique, including a dropshot and smash. I sometimes select the wrong shot. 	<ul style="list-style-type: none"> • I can demonstrate and explain the importance of the correct grip • My forehand serve is excellent and I am beginning to show power in my serve • I can perform a variety of shots which are consistently successful, including the dropshot and smash.

Year 8 - Football

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> I can identify some reasons for needing to complete a warm-up. I can identify 4 of the major muscles in the body. I can describe and explain some skills and rules in some sports. I understand techniques which impact practical performance. 	<ul style="list-style-type: none"> I can describe how the body adapts and benefits from regular exercise. I can complete an effective self-led warm up. I can apply my knowledge of skills and techniques and this improves practical performance. 	<ul style="list-style-type: none"> I can categorise many short and long-term effects of exercise on physical, mental and social wellbeing. I can take responsibility for leading a small group warm up. I can examine problems with technique and can give teaching points to correct these mistakes. 	<ul style="list-style-type: none"> I can justify the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. I can lead an effective warm up to the whole class. I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> I can recall the qualities that make a good leader. I can demonstrate communication skills within discussions and activities. I often demonstrate respect for equipment and others. 	<ul style="list-style-type: none"> I can demonstrate leadership with some confidence. I am hard working, resilient and eagerly accept challenges. I have developed respectful relationships with my peers. 	<ul style="list-style-type: none"> I can demonstrate confidence and apply leadership qualities. I effectively apply methods of communication to different ages, abilities, experiences and situations. I have developed a positive working relationship with staff and students across the school. 	<ul style="list-style-type: none"> I demonstrate excellent leadership qualities. I display clear communication skills, empathy and patience. I inspire others to participate and progress in sporting activity.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> I can make a short-pass using the inside of my dominant foot. I can control the football with the inside of my foot or my sole when passed to. 	<ul style="list-style-type: none"> I can control the football using different parts of my foot when passed to. I can shoot with my dominant foot using my laces or the inside of my foot with some level of accuracy. I can successfully tackle an opponent at times. I can dribble the football with my dominant foot in an unopposed situation. 	<ul style="list-style-type: none"> I can make a successful pass over a range of distances with my dominant foot. I can dribble the ball and maintain control in unopposed situations, and at times, in pressurised situations. I can shoot accurately with my laces and the inside of my foot, using the correct part of the foot at the correct time. I can successfully tackle my opponent to gain control of the football. I can demonstrate positional awareness during a game situation. 	<ul style="list-style-type: none"> I can dribble using all areas of my feet and can do this at pace in a pressurised situation. I can tackle effectively and use my body to support this. I can control the football using a range of body parts (eg. thigh, chest). I can demonstrate positional awareness and tactical understanding during a game situation, and direct others to do the same.

Year 8 - Netball

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can identify some reasons as to why I need to complete a warm up. • I understand how the body reacts during exercise. • I can identify and describe rules & tactics in some sporting activities. • I am beginning to have some understanding of techniques, which can help me to improve my own performance. 	<ul style="list-style-type: none"> • I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity. • I can explain the benefits to the body and mind of regular participation. • I can apply my knowledge of rules and tactics of several different sports. • I can give some feedback to my peers and teams overall performance. 	<ul style="list-style-type: none"> • I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • I can lead and officiate matches showing a good understanding of the rules. • I can analyse performance of myself and peer in order to improve skills, techniques and/or fitness levels. 	<ul style="list-style-type: none"> • I can evaluate and justify different training methods for performers sporting needs. • I display an excellent understanding and justify how skills and tactics could improve the quality of performance. • I can lead others in activities and warm ups to enhance students learning.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can demonstrate confidence and understand effective communication within discussions and activities. • I give 100% effort to every activity and am often resilient when faced with challenging tasks. • I consistently demonstrate respect of equipment and others. 	<ul style="list-style-type: none"> • I can confidently lead a group of people, applying a variety of roles: official, coach, teacher and captain. • I demonstrate empathy, patience and respect for my peers and can support and motivate them to improve performance. 	<ul style="list-style-type: none"> • I demonstrate good leadership qualities both in lesson and after school clubs. • I am respected and respectful, and I have developed a positive working relationship with staff and students across the school. 	<ul style="list-style-type: none"> • I am hardworking and helpful in lessons and at after school clubs. • I have great leadership qualities and am an active leader, in lessons and after school. • I can be a positive role model, demonstrating commitment; I participate in school and inspire others.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I am usually able to catch the ball if it is thrown gently and directly to me. • I can dodge and mark if my opponent is slower than me. I often cause obstruction. • I can usually throw accurately to others in a game situation. • I know some of the rules, but I often break them • I have some idea of the playing positions 	<ul style="list-style-type: none"> • I can usually catch the ball when it is thrown at varying heights and speeds. • I can dodge and mark, although I sometimes cause obstruction. • I can throw accurately using more than one type of pass • I know the rules but I occasionally get them wrong, particularly in game situations. • I have a good understanding of more than one playing position. 	<ul style="list-style-type: none"> • I can catch the ball in most situations. I still require some practice using my weaker hand to catch. • My marking and dodging is improving and I do not usually cause contact or obstruction. • I can still make an accurate pass when someone is marking me. • I know the rules and I understand them in a game situation 	<ul style="list-style-type: none"> • I can successfully catch the ball in most situations. • My marking and dodging are excellent and I rarely break the rules of the game. • I can pass accurately and I am starting to use a running step. • I am willing to umpire or make suggestions to team mates

Year 8 - Rugby

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<ul style="list-style-type: none"> • I can identify some reasons as to why I need to complete a warm up. • I understand how the body reacts during exercise. • I can identify and describe rules & tactics in some sporting activities. • I am beginning to have some understanding of techniques, which can help me to improve my own performance. 	<ul style="list-style-type: none"> • I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity. • I can explain the benefits to the body and mind of regular participation. • I can apply my knowledge of rules and tactics of the sport. • I can give some feedback to my peers and teams overall performance. 	<ul style="list-style-type: none"> • I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • I can lead and officiate matches showing a good understanding of the rules. • I can analyse performance of myself and peer in order to improve skills, techniques and/or fitness levels. 	<ul style="list-style-type: none"> • I can evaluate and justify different training methods for performers sporting needs. • I display an excellent understanding and justify how skills and tactics could improve the quality of performance. • I can lead others in activities and warm ups to enhance students learning.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can demonstrate confidence and understand effective communication within discussions and activities. • I give 100% effort to every activity and am often resilient when faced with challenging tasks. • I consistently demonstrate respect of equipment and others. 	<ul style="list-style-type: none"> • I can confidently lead a group of people, applying a variety of roles: official, coach, teacher and captain. • I demonstrate empathy, patience and respect for my peers and can support and motivate them to improve performance. 	<ul style="list-style-type: none"> • I demonstrate good leadership qualities both in lesson and after school clubs. • I am respected and respectful, and I have developed a positive working relationship with staff and students across the school. 	<ul style="list-style-type: none"> • I am hardworking and helpful in lessons and at after school clubs. • I have great leadership qualities and an active leader, in lessons and after school. • I can be a positive role model, demonstrating commitment; I participate in school and inspire others.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I try to catch the ball but not too often. • I can run with the ball, but sometimes my passes are inaccurate. • I can sometimes tackle an opponent, but I often miss tackles. • I can usually throw accurately to others in a game situation but some passes are intercepted. • I know some of the rules, but I often break them. • I have some idea of the playing positions. 	<ul style="list-style-type: none"> • I can catch the ball in most situations and I can often catch in under pressure. • I can run with the ball, and I can sometimes catch it whilst under a little pressure. • I can usually tackle an opponent. • I can still make an accurate pass when someone is marking me. • I know the rules and I understand them in a game situation, but find it difficult to referee a game. 	<ul style="list-style-type: none"> • I can successfully catch the ball in most situations under pressure. • I usually beat opponents. I am beginning to use changes of speed. I nearly always pass accurately. • I can successfully use different types of tackle. • I can pass accurately when under pressure and being marked. • I am willing to referee or make suggestions to team mates. 	<ul style="list-style-type: none"> • I can catch the ball whilst under pressure (as for level 6). • I can use a variety of tackles to stop opponents. • I have a good understanding of at least two playing positions and can play them effectively • I know the rules and rarely make mistakes. I might be able to referee a skill/game situation. • I usually beat opponents. I am beginning to use changes of speed. I nearly always pass accurately (as for level 6)

Year 8 - Table Tennis

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can identify some reasons as to why I need to complete a warm up. • I understand how the body reacts during exercise. • I can identify and describe rules & tactics in some sporting activities. • I am beginning to have some understanding of techniques, which can help me to improve my own performance. 	<ul style="list-style-type: none"> • I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity. • I can explain the benefits to the body and mind of regular participation. • I can apply my knowledge of rules and tactics of several different sports. • I can give some feedback to my peers and teams overall performance. 	<ul style="list-style-type: none"> • I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • I can lead and officiate matches showing a good understanding of the rules. • I can analyse performance of myself and peer in order to improve skills, techniques and/or fitness levels. 	<ul style="list-style-type: none"> • I can evaluate and justify different training methods for performers sporting needs. • I display an excellent understanding and justify how skills and tactics could improve the quality of performance. • I can lead others in activities and warm ups to enhance students learning.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can demonstrate confidence and understand effective communication within discussions and activities. • I give 100% effort to every activity and am often resilient when faced with challenging tasks. • I consistently demonstrate respect of equipment and others. 	<ul style="list-style-type: none"> • I can confidently lead a group of people, applying a variety of roles: official, coach, teacher and captain. • I demonstrate empathy, patience and respect for my peers and can support and motivate them to improve performance. 	<ul style="list-style-type: none"> • I demonstrate good leadership qualities both in lesson and after school clubs. • I am respected and respectful, and I have developed a positive working relationship with staff and students across the school. 	<ul style="list-style-type: none"> • I am hardworking and helpful in lessons and at after school clubs. • I have great leadership qualities and an active leader, in lessons and after school. • I can be a positive role model, demonstrating commitment; I participate in school and inspire others.

EMERGING	DEVELOPING	SECURING	MASTERING
<ul style="list-style-type: none"> • I can hold the paddle in the shake hand grip • I can serve a basic serve, but sometimes make errors in either my technique or placement of the ball • I frequently make contact with the ball with a good technique and it usually lands on my opponents' side of the table 	<ul style="list-style-type: none"> • I can hold the paddle in either a Shakehand or Penhold grip • My serve technique is good and it usually lands on my opponents' side of the table, but I struggle to add power or change the trajectory of the ball's path • I frequently make contact with the ball with a competent technique and it almost always lands on my opponents' side of the table 	<ul style="list-style-type: none"> • I know whether I prefer the Shakehand or Penhold grip and use this effectively • My serve technique is good and I can add power and direction to my serve • I can consistently hit the ball on my opponents' side and I am beginning to select different shots to use with a good technique. • I am beginning to use topspin and backspin in my shots 	<ul style="list-style-type: none"> • I can demonstrate and explain the importance of my choice of hold • My serving technique is excellent and I rarely make a mistake. I use power and place my serve to outwit my opponent • I can perform a variety of shots which are consistently successful and am able to confidently add backspin and topspin to a range of shots