

# Year 8: Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> <li>• I can recall some muscles in a warm up.</li> <li>• I can identify some reasons as to why I need to complete a warm up.</li> <li>• I know and can describe some skills and rules in some sports.</li> <li>• I am beginning to have some understanding of techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• I understand how the body reacts during exercise.</li> <li>• I can lead a warm up to a partner.</li> <li>• I can identify and describe tactics in some sporting activities. I understand techniques, which can help me to improve my own performance.</li> <li>• I can begin to give feedback to others about their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I have a sound knowledge of the importance of taking part in a warm up and can apply this during regular physical activity.</li> <li>• I can explain the benefits to the body and mind of regular participation.</li> <li>• I can apply my knowledge of rules and tactics of several different sports.</li> <li>• I can give some feedback to my peers and teams overall performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing.</li> <li>• I can lead and officiate matches showing a good understanding of the rules.</li> <li>• I can analyse performance of myself and peer in order to improve skills, techniques and/or fitness levels.</li> </ul>	<ul style="list-style-type: none"> <li>• I can evaluate and justify different training methods for performers sporting needs.</li> <li>• I display an excellent understanding and justify how skills and tactics could improve the quality of performance.</li> <li>• I can lead others in activities and warm ups to enhance students learning.</li> </ul>

1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> <li>• I can lead my own warm up but lack confidence to lead others.</li> <li>• I sometimes demonstrate resilience and effort.</li> <li>• I sometimes demonstrate respect for equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate confidence and understand effective communication within discussions and activities.</li> <li>• I give 100% effort to every activity and am often resilient when faced with challenging tasks.</li> <li>• I consistently demonstrate respect of equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>• I can confidently lead a group of people, applying a variety of roles: official, coach, teacher and captain.</li> <li>• I demonstrate empathy and respect for my peers and can support and motivate them to improve performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate good leadership qualities both in lesson and afterschool clubs.</li> <li>• I display clear communication skills, empathy and patience.</li> <li>• I am respected and respectful, and I have developed a positive working relationship with staff and students across the school.</li> </ul>	<ul style="list-style-type: none"> <li>• I am hardworking and helpful in lessons and at after school clubs.</li> <li>• I have great leadership qualities and an active leader, in lessons and after school.</li> <li>• I can be a positive role model, demonstrating commitment; I participate in school and inspire others.</li> </ul>

1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> <li>• I can demonstrate, with some accuracy and success, basic skills, techniques and tactics in passive practices.</li> <li>• I can complete a 2-min run.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate, with some accuracy and success, skills, techniques and tactics across a variety of activities in high-pressured practices.</li> <li>• I can complete a 3- min run.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate, with consistent accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities.</li> <li>• I can complete a 7-min run.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate, with precision, control and fluency, an extensive range of appropriative skills, techniques and tactics in very challenging activities.</li> <li>• I can complete a 15-minute run.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriative skills, techniques and tactics in very challenging activities.</li> <li>• I can complete a 20-minute run.</li> </ul>