**Year** 8 Lifestyle PE

|  |
| --- |
| **Physical Unit** pupils will be expected to control movements, link movements together with quality and combine skills with fluency and accuracy alongside being effective in a variety of competitive situations  **Social and Personal Skills (assessed through rotation 1):**  Pupils will be given the opportunity to show:   * Collaboration: actively listen to others, agree a common goal, offer constructive feedback, celebrate our joint successes * Communication: make eye contact with the speaker, summarise to show understanding, draw on examples and evidence to support my arguments and present information clearly, concisely and accurately * Motivating and influencing others with empathy: see situations from other peoples’ perspectives, include everyone and encourage others to join in   **Thinking Skills (assessed through rotation 2):**  Pupils will be given the opportunity to show:   * Evaluation: use data evidence to inform my targets, review progress against targets and suggest improvements * Innovation: question assumptions, generate and adapt ideas to suit the circumstance and seek to trial positive risk |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Working towards** | **Is at the expected standard** | **Is above expected standard** |
| **UNIT 1**  **Physical**  **Sport:** | Control |  |  |  |
| Fluency |  |  |  |
| Accuracy |  |  |  |
| Effectiveness |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |
| **UNIT 2**  **Physical**  **Sport:** | Control |  |  |  |
| Fluency |  |  |  |
| Accuracy |  |  |  |
| Effectiveness |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |
| **UNIT 7**  **Social/Personal Skills** | Collaborate |  |  |  |
| Communicate |  |  |  |
| Motivate |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Working towards** | **Is at the expected standard** | **Is above expected standard** |
| **UNIT 4**  **Physical**  **Sport:** | Control |  |  |  |
| Fluency |  |  |  |
| Accuracy |  |  |  |
| Effectiveness |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |
| **UNIT 5**  **Physical**  **Sport:** | Control |  |  |  |
| Fluency |  |  |  |
| Accuracy |  |  |  |
| Effectiveness |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |
| **UNIT 8**  **Thinking Skills** | Evaluate |  |  |  |
| Innovate |  |  |  |
| **Foundations for Learning** |  |  |  |
| **Resilience** |  |  |  |
| **Personal Study** |  |  |  |
| **Overall unit performance** | |  |  |  |

**Explanation on assessments**

|  |  |
| --- | --- |
| **Judgement: Physical** | **Criteria:** Develop technique, movement, tactics and officiating across a range of physical activities |
| Working towards | **Perform key skills fluently with quality in practice situations. Knows key terminology.** |
| Expected | **Perform key skills fluently and accurately in competitive situations. Knows and can apply key terminology** |
| Above expected | **Perform key skills accurately and effectively in a range of competitive situations. Knows and can apply key terminology** |

|  |  |
| --- | --- |
| **Judgement: Social / Personal** | **Criteria:** Develop the ability to Collaborate , Communicate, Motivate with Empathy |
| Working towards | **Demonstrate a basic understanding of skills and can sometimes apply these in lessons** |
| Expected | **Demonstrate a good understanding of the skills and can apply these in lessons** |
| Above expected | **Demonstrate an outstanding understanding of the skills and apply these in life** |

|  |  |
| --- | --- |
| **Judgement: Thinking** | **Criteria:** Develop the skills of evaluation and innovation |
| Working Towards | **Demonstrate a basic understanding of skills and can sometimes apply these in lessons** |
| Expected | **Demonstrate a sound understanding of the skills and can apply these in lessons** |
| Above expected | **Demonstrate an outstanding understanding of the skills and apply these in life** |