**Year** 8 Lifestyle PE

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| **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
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|  |  | **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** |  |  |  |

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|  |  | **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**

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| **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**  |

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| **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** |

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| **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** |