

## Year 7 PE & Lifeskills

Year 7 \_\_\_\_\_ Test target for Year 7 is:

In Year 7 students will be assessed for their character skill and physical performance.

### Character Skill:

- **Responsibility** - Plan ahead, Organise myself and my belongings, Complete tasks to the best of my ability & Don't let others down.
- **Integrity** - Set myself high standards, keep my word, Behave consistently, Put my principles into action & Make choices based on values rather than personal gain.
- **Resilience** - Persevere when things are difficult, Trial different methods, Adapt to different circumstances & Bounce back from setbacks.
- **Respect** - Treat others as I would like to be treated, accept people's differences, Value what other people say and do, agree to disagree if necessary & Recognise when others are better at something than me.
- **Co-operation** - Do as I am asked, Share my ideas and resources, Help others, Work towards a shared goal & Put the groups interests above my own.
- **Aspirations** - Am determined to achieve my best, make decisions for myself, ask for advice and information on how to improve, Spend extra time practicing and training & Take on a range of roles.

### Practical Performance:

**A focus on the Technical elements of performance.** Developing understanding of the teaching points for a range of skills across a range of sports. Skills will be performed in isolation and in small group practices. Students will develop an understanding of the key rules and will perform in competitive situations.

- **Technical** – Skills, Performing, Ball Mastery, Send & receive, Defending, Positioning, Finding Space, Attacking.

### Life skills Knowledge

- Manage transitional phases in life, explain different types of relationships and understand budgeting.

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
Term 1	Character Skills –Responsibility & Integrity					
	Lifeskills- Knowledge					
	Practical Performance- Technical					
	Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning				
Achieved:						

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
Term 2	Character Skills – Resilience & Respect					
	Lifeskills- Knowledge					
	Practical Performance- Technical					

<b>Overall unit performance</b>					
<b>FFL:</b>	Meeting behaviour for learning standards	Actively engaged in the learning			
<b>Achieved:</b>					

		<b>Working Towards Target</b>	<b>At Expected Target</b>	<b>Above Expected Target</b>	<b>Test grade</b>
<b>Term 3</b>	<b>Character Skills – Co-operation &amp; Aspirations</b>				
	<b>Lifeskills Knowledge</b>				
	<b>Practical Performance- Technical</b>				
<b>Overall unit performance</b>					
<b>FFL:</b>	Meeting behaviour for learning standards	Actively engaged in the learning			
<b>Achieved:</b>					