

Year 9 PE & Lifeskills

Test target for Year 9 is:

In Year 9 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:

Students will build on their technical skills learnt from year 7. During year 8 students focused on how to physically influence performance with their body. At this stage of learning students learning will be based around developing the Psychological side of performance. Good decision making under pressure is vital along with a growth mindset when facing failure.

- **Psychological** - Showing mental toughness when performing, Keeping a cool head under pressure, quickness of thought & Awareness.

Lifeskills Knowledge

Understanding of contraception, explain healthy and unhealthy relationship behaviours and career pathways.

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