

Name:

Subject: Physical Education

Year Group: 8

Target:

Outcomes	Striking & fielding	Invasion Games	Athletics	Gymnastics	Net and Wall Games	Health and Fitness
<b>Emerging</b>	I can demonstrate a static bowling action. I can demonstrate basic techniques of batting and fielding in isolation.	I can sometimes control and pass the ball in isolation. I can sometimes move into a space to receive the ball.	I can accurately replicate the basic technique for an effective sprint race. I have a basic understanding of pacing for the 800M race. I can perform a basic technique in at least one jumping event. I can perform and accurately replicate the technique for at least one throwing event.	I can copy basic flight such as a tuck jump and star jump. I can run-up, take off and land safely.	I can understand scoring and court markings I can start a rally with a serve.	I have an understanding of some of the different methods of training. I can record my heart rate and use it during training and recovery.
<b>Developing</b>	I can apply the correct bowling technique but my delivery of the ball is inconsistent. I can apply batting and fielding techniques in a game situation but lack consistency.	I can control and pass the ball in isolation. I can move into space to receive the ball in isolation.	I can adjust body movements to create more drive, speed and power when running. I understand the importance of pacing for the 800M race. I can take off using the correct footwork, in at least one jump. I understand the rules associated with the throwing area.	I can perform counter balance and counter tension balances with a partner showing some body tension and control. I can perform skills that require me to support my own body weight and use my core stability.	I can apply basic rules and scoring to conditioned games. I can effectively return a serve	I have a good understanding of different methods of training.  I am able to calculate my maximum heart rate.
<b>Secure</b>	I can apply the correct bowling technique and my delivery of the ball is consistent. I can effectively apply batting and fielding techniques in a game situation.	I can sometimes control and pass the ball when under pressure in a game situation, using a variety of passes. I can move into space to receive the ball during gameplay.	I can use a sprint start to gain acceleration at the start of a sprint race. I can implement pacing throughout the 800M race. I can perform a more advanced technique in at least one jumping event, such as the Fosbury flop. I can prepare for my throw correctly and apply the correct grip and release, which also shows power.	I can link balances and travel together to perform a short sequence showing good body tension and control. I can perform a shaped jump showing control, off a spring board, and land it safely.	I can apply rules and scoring to a games. I can vary my shots with speed, height or spin	I have a basic understanding of the advantages of different methods of training. I understand what the terms anaerobic and aerobic mean and can link these terms to my training programme.
<b>Advanced</b>	I can sometimes apply variation of height or speed to outwit the batsman. I can consistently apply appropriate batting and fielding techniques under the pressure of a game situation.	I can control and pass the ball when under pressure in a game situation, using a wide variety of passes. I can feint and create space before receiving the ball.	I can maintain an effective sprint start technique whilst under pressure in a 100M race. I can sustain 2 laps of the athletics track and finish the event with a sprint. I can use my arms to gain height and have good shape during the flight phase. I can use a technically correct dynamic action to execute my throw.	I can perform advanced balances such as a bridge, headstand or handstand. I can perform a sequence showing creativity, which includes travel, balance, flight, rotation and inversion.	I know the rules and can officiate effectively. I can direct my serve and understand how to make it difficult to return	I can plan, monitor and record a small programme to improve an area of my current fitness.  I can calculate my aerobic and anaerobic training zones.
<b>Excelling</b>	I can apply variation of height, speed and spin on the ball to outwit the batsman. I can field from all positions. Whilst batting, I can control shots and place the ball dependant on the field position.	I can control and pass the ball consistently when under pressure in a game situation. I can apply a range of passing techniques to varying game contexts. I can consistently create space to receive the ball in a game situation.	I can apply tactics when racing and use the track lanes effectively. I can apply excellent rhythm and aggression during the run up and take off phase. I can use my legs and my hips to generate a powerful release, at the correct angle with excellent timing of each phase.	I can perform advanced skills such as a handstand to forward roll, a one handed cartwheel, a walkover, a flick or an advanced vault. I can perform a sequence showing creativity and musicality, which includes travel, balance, flight, rotation, inversion and a vault.	I can consistently serve with power, direction and disguise. I can observe and analyse other players and give feedback.	I can evaluate the results of a devised training programme and make suggestions for improvement.  I am able to work within my aerobic/anaerobic training zone.