


# Year 7: ASK Yourself!

**Subject: Physical Education**  
**Unit: Belong, Believe, Become**

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <p><b>S</b> kills and <b>K</b> knowledge</p>				
<p><b>Belong</b></p> <p><b>How can I <u>belong</u> to my class and my team?</b></p>	<p>I participate in one homework extra-curricular club but need to attend it more regularly. Most of the time I bring the correct PE kit to lessons. I need to try harder to fulfil my role as a learner, teammate, player and supporter. I need to learn to communicate with others using empathy.</p>	<p>I regularly attend a school or community sports club. I meet the PE kit expectations on a regular basis but am not always prepared for changes in weather. I participate well in lessons and will fulfil various roles when asked. I am beginning to show empathy toward the performances of others.</p>	<p>I can regularly empathise with others and use praise to encourage them when they make mistakes. I contribute well to the roles I fulfil in lessons. I belong to and regularly take part in both school and community extra-curricular sports clubs. I always bring the correct PE kit appropriate for all conditions.</p>	<p>I always offer constructive feedback to improve peers performance. I always put everything into my role in lessons and am a committed member of extra-curricular sports clubs, both in school and in the community. I always bring and wear the correct PE kit with pride.</p>
<p><b>Believe</b></p> <p><b>How well do I believe in my own ability and potential?</b></p>	<p>I understand what makes up a fit and healthy lifestyle &amp; that this is achievable. I can, with help, impact others understanding of an active lifestyle. I am beginning to realise that my personality can help me to achieve my full potential.</p>	<p>I have knowledge of, and can demonstrate some of, the components of fitness. I believe that my personality can help me to achieve. At times I show that I believe in my potential to achieve.</p>	<p>I am living a healthy, active lifestyle and can help others understand how to improve their own. I believe in my potential and that all elements of my personality can affect my performance positively.</p>	<p>I am living a healthy, active lifestyle. I understand fitness and this is having a positive impact on my life. My personality has a positive effect on others as well as my own achievement. My self-belief has an inspirational impact on others</p>

<p><b>Become</b></p> <p><b>How can I become the best I can be?</b></p>	<p>I need to learn to use relevant skills and techniques effectively in isolated practices. I prefer to lead a group with the support of my friends.</p>	<p>I can use skills and techniques effectively in isolated practices. I am able to lead simple activities to a small group independently.</p>	<p>I can use relevant skills, techniques and tactics effectively in conditioned practices. I am building confidence leading larger groups with support</p>	<p>I can use relevant skills, techniques and tactics effectively in competitive situations. I am a confident leader, ready to take on a number of roles in and out of the lesson.</p>
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