

Year 8: ASK Yourself!

Subject: Physical Education
Unit: Belong, Believe, Become

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; gap: 10px;"> <div style="background-color: #8eb9e2; padding: 10px; border: 1px solid black; font-size: 2em; font-weight: bold; text-align: center;">S</div> <div>kills</div> </div> <div style="margin: 5px 0;">and</div> <div style="display: flex; align-items: center; gap: 10px;"> <div style="background-color: #8eb9e2; padding: 10px; border: 1px solid black; font-size: 2em; font-weight: bold; text-align: center;">K</div> <div>knowledge</div> </div> </div>				
<p>Belong</p> <p>How can I <u>belong</u> to my class and my team?</p>	<p>I participate in my lessons and one homework extra-curricular club, but need to attend more regularly. I am beginning to recognise when I could respond better to the performance of others. I need to try harder to fulfill my role as part of my class. Most of the time I bring the correct PE kit</p>	<p>I am able to lead groups and use positive body language and gestures to encourage the performance of others. I regularly attend a school or community sports club. I meet the PE kit expectations on a regular basis but I am not always prepared for changes in weather.</p>	<p>I can act as a coach and support others to reach their potential. 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 am a leader in my class and team and motivate others to achieve the same. I am 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>Believe</p> <p>How well do I believe in my own ability and potential?</p>	<p>I understand what makes up a fit and healthy lifestyle & 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 believe that my personality can help me to achieve. At times I show that I believe in my potential to achieve and can begin to meet challenges that are set for me.</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. I am beginning to overcome mental challenges in PE.</p>	<p>I am living a healthy, active lifestyle, and can teach others about fitness. I am an inspiration to others and have overcome a number of challenges to reach my potential.</p>

<p>Become</p> <p>How can I become the best I can be?</p>	<p>I need to learn how to lead a small group activity without support. I can use relevant skills and techniques effectively in isolated practices.</p>	<p>I can lead simple, small and large group activities. I can use skills, techniques and tactics effectively in conditioned practices.</p>	<p>I can coach and officiate a range of activities with confidence. I can use relevant skills, techniques and tactics effectively in competitive situations</p>	<p>I am a confident and able leader inside and outside the lesson. I consistently use relevant skills, techniques and tactics to influence and dominate gameplay</p>
--	--	--	---	--