

Year 8 PE Learning Outcomes

Unit 1/2/3: Netball

Students will:

1. Replication of core skills (Passing and Receiving, Shooting, Pivoting)

Emerging: Use core techniques in a low pressured situation and will demonstrate basic control and passing ability. Pupils are aware of weaknesses and can compare performances to others'.

Developing: Pass using variations in distance and height. Accurately replicate core fundamental skills consistently and with improving confidence even under pressure.

Mastery: Identify the type of skill needed and perform these fluently and quickly even under pressure. More advanced variations of these core skills are attempted and make a significant impact on the games played.

2. Outwitting an opponent to gain possession

Emerging: Show some tactical awareness and might rush skill execution when responding to opponent's pressure.

Developing: Use an understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to choose and put into practice tactics for attacking and defending.

Mastery: Demonstrate a good level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify space and using this to their team's advantage.

3. Understanding of game rules and team play.

Emerging: Recognise basic rules during conditioned games and play a role in a team performance by sending and receiving passes.

Developing: Understand the rules surrounding the game and highlight rule errors of others. Understands the need for teamwork and communication when playing small sided games.

Mastery: Be able to use the rules to their advantage and rarely makes errors. Encourage others to improve their understanding and offers advice and help to improve their performance.

4. Development of decision making/problem solving

Emerging: Recognise a need for good decision making when faced with an opposition with limited success. Uses a few core skills and techniques throughout this process.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Will begin to take on the role of an umpire in small sided game activities and can demonstrate confidence in decision making.

Mastery: Show a range of different roles and always have a strong impact; use skills with speed, accuracy and control; devise, carry out and adapt a wide range of strategies, tactics and ideas. Decision making skills appear quick and based on confident information processing. Will be able to umpire with some success

Unit 1/2/3: Hockey

Students will:

1. Replication of core skills (Control, Turns, Short/Long Passing, Shooting)

Emerging: Use core techniques in a low pressured situation and will show basic control and passing ability. Is aware of weaknesses and can compare performances.

Developing: Pass using variations in distance and speed. Accurately replicates core fundamental skills consistently and with improving confidence even under pressure.

Mastery: Identify the type of skill needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played.

2. Outwitting Opponents in attacking phases of play

Emerging: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.

Developing: Use an understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to choose and put into practice tactics for attacking and defending.

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify space and uses this to advance team onto opponents territory.

3. Understanding of rules, roles & importance of teamwork & cooperation

Emerging: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually plays a basic role in a team.

Developing: Understand the need to warm up and the importance of making health lifestyle options. Contributes to a team performance and works well with others to produce effective outcomes.

Mastery: Work effectively in a small team to choose and put into practice tactics for attacking and defending. Show a deeper understanding of game rules and demonstrates a high level of teamwork

4. Development of decision making/problem solving capacity

Emerging: Recognise a need for speedy decision making when faced with an opposition with limited success. Notices errors after possession is lost.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Assume the role of a referee in small sided game and demonstrate confidence when using terminology.

Mastery: Show a deeper understanding of tactics that can overcome a team defence. Begin to develop confidence in leading small groups of players to improve. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.

Unit 1/2/3: Badminton

Students will:

1. Replication of core skills (forehand, backhand, serve, smash, drop shot)

Emerging: Use a few isolated core skills when the shuttle falls to them. This is usually in a low pressured situation. Forehand shot tends to lack height and depth which can make it easy to return.

Developing: Accurately replicates core fundamental skills consistently and with improving confidence even under pressure. Uses mainly the forehand and drop shot varying the height and depth of the shuttle.

Mastery: Identify and replicate a range of core skills needed and perform these fluently and quickly. Forehand and backhand shots are performed with height and direction. Control of the shuttle is consistent and serves are difficult to return for opposition.

2. Outwitting Opponents in an attacking situation

Emerging: Show some tactical awareness and can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use the forehand to play a majority of shots.

Developing: Use an understanding of the principles of attack when planning an approach to a competitive game. Can use an improving range of skills and techniques together with control and accuracy to outwit an opposition.

Mastery: Demonstrate more advanced variations of the core skills which means pupil's make a significant impact on the game. Identify space on the court and uses this to land the shuttle on an opponent's territory.

3. Understanding of game rules and team play.

Emerging: Recognise and adopt badminton rules during conditioned games. Scoring is usually correct.

Developing: Understand the basic and some more advanced rules surrounding the game (service sides) and highlights rule errors of others.

Mastery: Show a good understanding of game rules and can adapt them for varying conditioned situation. Be able to use the rules to their advantage and rarely makes errors. Can score a game fairly and actively encourages others to improve their understanding offering advice and help.

4. Development of decision making/problem solving

Emerging: Recognise a need for speedy decision making but has limited success. Uses a few core skills and notices errors after rally is completed. Begin to understand importance of body preparation and its relationship to a good connection/shuttle placement.

Developing: Will begin to unofficially play the role of a referee in small sided game and demonstrate confidence in decision making. Works effectively as a pair adopting either an attacking or defending role.

Mastery: Demonstrate a strong influence on the game using and devising a wide range of strategies, tactics and ideas. Decision making skills appear quick and based on a confident information processing.

Unit 4/5/6: Swimming .

Students will:

1 Water confidence

Emerging: Explain how to keep themselves and others safe around water

Developing: They can recognise a swimmer in danger and be able to communicate how to assist.

Mastery: Effectively demonstrate a surface dive and rescue a casualty

2 Performance

Emerging: Can maintain a width of the pool using swimming aids

Developing: Can maintain a steady swim of 10m widths for 5 minutes without aids

Mastery: Can time their stroke so that they finish efficiently.

3 Skill refinement

Emerging: Can demonstrate a consistent front crawl leg action and link basic turns.

Developing: Can kick from the hip demonstrating flexion of the ankle joint.

Mastery: Extend into the water on entry and leave the water with a high elbow.

4 Application

Emerging: They can use the skills learnt to perform a range of water based activities

Developing: They can enter the pool from the side, reacting to the starter quickly

Mastery: Be able to demonstrate a range of activities that can improve cardiovascular endurance

Unit 4/5/6: Football

Students will:

1. Replication of core skills (Control, Turns, Short/Long Passing, Shooting)

Emerging: Use core techniques in a low pressured situation and will show basic control and passing ability. Is aware of weaknesses and can compare performances to others'.

Developing: Pass using variations in distance and height. Accurately replicates core fundamental skills consistently and with improving confidence even under pressure.

Mastery: Identify the type of skill needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played.

2. Outwitting Opponents in attack

Emerging: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.

Developing: Use an understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to choose and put into practice tactics for attacking and defending.

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify space and uses this to advance team onto opponents territory.

3. Understanding of rules, roles, teamwork & cooperation

Emerging: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually plays a basic role in a team.

Developing: Understand the need to warm up and the importance of making health lifestyle options. Contributes to a team performance and works well with others.

Mastery: Be able to explain the physical effects of exercise on their body and safe way of preparing for exercise. Show a deeper understanding of health and fitness and its importance and demonstrates a high level of teamwork.

4. Development of decision making/problem solving

Emerging: Recognise a need for speedy decision making when faced with an opposition with limited success.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Assume the role of a referee in small sided game and demonstrate some confidence.

Mastery: Show a deeper understanding of tactics that can overcome a team defence. Begin to develop confidence in leading small groups of players to improve. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.

Unit 4/5/6: Handball

1. Movement with and without the ball.

Emerging: Demonstrate basic movement techniques (dribbling) applied with some coordination and control to gain an advance over an opponent. Confidence, accuracy and consistent replication is evident in low pressure situations.

Developing: Perform the necessary dribbling skills to suit the situation

Mastery: Control the ball and subsequently move/travel with the ball fluently. Skills are consistent and performed much quicker in response to opposition pressure and make a significant impact on the game played.

2. Execution of core skills (Dribbling, Passing, Shooting)

Emerging: Use basic techniques in a small sided game and will pass and shoot with reasonable accuracy. Identify the differences between their performances and others.

Developing: Pass using different variations covering longer and shorter distances. Accurately replicate core skills consistently and as a result plays a main role in small sided games.

Mastery: Identify the type of core skill needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and occasionally successful.

3. Outwitting Opponents in a competitive game situation

Emerging: Show a basic tactical awareness and react to opponent's pressure in a small sided game.

Developing: Use a sound understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to choose and put into practice tactics for attacking and defending;

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.

4. Developing Physical Literacy. (run, jump, kicking, control)

Emerging: Demonstrate basic movements including running, jumping and throwing techniques applied with some coordination and control.

Developing: Perform the necessary fundamental movement & handball skills that allow them to read their environment and make appropriate decisions. The manipulation of this techniques are performed at a greater speed.

Mastery: Control the ball and move with speed and agility. Core handball skills are consistently performed quicker in response to opposition pressure in a game.

Unit 7/8/9: Striking and Fielding

Students will:

1. Replication of core skills (batting and bowling techniques, catching and overarm throwing)

Emerging: Use a few isolated core skills when the ball is aimed towards them. This is usually in a low pressured situation. Shots are played mostly to the onside which can make it easy for fielders to prepare for.

Developing: Accurately replicates core fundamental skills consistently and with improving confidence even under pressure. Bowls with control and can varying the length and angle of delivery.

Mastery: Show very good skill replication with control and timing. Bowling is consistent with good length and bats with a sound coordination dealing with different deliveries. Demonstrates good ground fielding and accurate throws.

2. Outwitting Opponents in an attacking situation

Emerging: Show some tactical awareness and can rush skill execution when responding to a bowled ball. Use basic techniques in a modified situation and will mainly hit to the onside with a majority of shots.

Developing: Use an understanding of the principles of attack when planning an approach to a competitive game. Can use an improving range of skills and techniques together with control and accuracy to outwit an opposition.

Mastery: Demonstrate more advanced variations of the batting, bowling and fielding skills to make a significant impact on the game. Identify spaces on the field and uses this to direct the ball towards these areas.

3. Understanding of game rules and team play.

Emerging: Recognise and understands basic cricket rules during conditioned games. Scoring is usually correct and will play a designated role in a team.

Developing: Understand the basic and some more advanced rules/terminology surrounding the game and highlights the faults of others.

Mastery: Show a good understanding of game rules and can adapt them for varying conditioned situation. Can score a game fairly and actively encourages others to improve their understanding offering advice and help.

4. Development of decision making/problem solving

Emerging: Recognise a need for speedy decision making but has limited success. Uses a few core skills and notices errors after the ball has been hit. Begin to understand importance of body preparation and its relationship to a good connection/ball placement.

Developing: Will begin to unofficially play the role of a referee in a game situation and demonstrate confidence in decision making. Works effectively as a pair adopting either an attacking or defending role.

Mastery: Demonstrate a strong influence on the game using and devising a wide range of strategies, tactics and ideas. Decision making skills appear quick and based on a confident information processing.

Unit 7/8/9: Net/Wall Tennis

Students will:

1. Replication of core skills (forehand, backhand, serve, volley, drop shot)

Emerging: Use a few isolated core skills when the ball is hit towards them. Shots are successful under low pressured situation. Shot replication tends to result in high looping shots over the net which can make it easy to return.

Developing: Accurately replicates a number of core fundamental skills consistently even under pressure. Uses mainly the forehand shots but can vary the angle and depth of the ball.

Mastery: Quickly identify and replicate a range of core skills and perform these fluently and quickly. Forehand and backhand shots are performed lower over the net and with purposeful direction. Control of the ball is consistent and serves are accurate.

2. Outwitting Opponents in an attacking situation

Emerging: Show some tactical awareness but can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use one shot to play a majority of rallies.

Developing: Use an understanding of the principles of attack when planning an approach to a competitive game. Can use an improving range of skills and techniques together with control and accuracy to outwit an opposition.

Mastery: Demonstrate more advanced variations of the core skills which allow pupils to show a significant impact on games. Identify space on the court and uses this information to inform shot selection.

3. Understanding of game rules and teamwork skills.

Emerging: Recognise and use adapted versions of tennis rules during conditioned games. Scoring is usually correct and can play cooperatively with others.

Developing: Understand the basic and some more advanced rules surrounding the game (service and court markings) and highlights rule errors of others. Works well with others to produce effective outcomes.

Mastery: Show a good understanding of game rules and can adapt them for singles and doubles games. Can score a game accurately. Teamwork is efficient and will praise and encourage others to improve.

4. Development of reflective learners.

Emerging: Able to compare own and others work and can state the differences. Use this information to attempt to improve own performance.

Developing: Can suggest ways to improve performances based on experiencing success and failure. This improvement is driven by personal bests and refined targets.

Mastery: Demonstrate a strong ability to reflect on own learning. Can analyse and explain how core skills have been used and adapted to improve performance. IT will help reinforce these skills.

Unit 7/8/9: Athletics

Students will:

1. Replication of event techniques.

Emerging: Observe and copy basic athletic techniques but will tire easily. Has reasonable success across all disciplines.

Developing: Show a good replication of skills across most athletic disciplines and applies a reasonable knowledge during performances.

Mastery: Can adapt and change technique and identify ways to increase the intensity on the body. Replication of these core skills are consistent even as a result of fatigue.

2. Challenging physical capacity.

Emerging: Paces themselves to meet targets they have set. These will reflect a developing physical literacy and will find sustained physical exercise a challenge.

Developing: Push body to challenge physical capacity. Personal targets are continually set and achieved due to sustained attempts and motivation.

Mastery: Performs well in all athletic events. Motivation and drive are evident and physical capacity is excellent.

3. Understanding of heart rate and body functioning when exercising.

Emerging: Apply basic principles of warm up and cool down, using exercises appropriate for the event. Identifies increases in heart rate but makes no link to fitness levels.

Developing: Explain in simple terms the physical effects of exercise on heart rate. Can explain how warming up and cooling down help performance and use terminology relating to fitness activities.

Mastery: Shows a clear understanding of why fitness activities are good for healthy active lifestyles. Knowledge of heart rate and body adaptations that take place in order to sustain performance are accurate.

4. Development of reflective learners.

Emerging: Able to compare own and others work and can state the differences. Use this information to attempt to improve own performance.

Developing: Can suggest ways to improve performances based on experiencing success and failure. This improvement is driven by personal bests and refined targets.

Mastery: Demonstrate a strong ability to reflect on own learning. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.