**Year 8**

|  |  |
| --- | --- |
| **Subject** | **PHYSICAL EDUCATION and OUTDOOR EDUCATION** |
| **Title** | **Invasion games and Fitness** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **AUTUNM** |
|  | I can identify STRENGTHS of my own performance |
| **KPI 1** | I can **explain** skills and demonstrate with some accuracy |
|  | I can select appropriate skills and use them in practice/game situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I know how to warm up/cool down correctly and why it’s important?  |
|  | I can **explain** CoF and relate them to sporting activities |
|  | I can explain how my body responses to exercise |
|  | I can identify STRENGTHS and WEAKNESSES of my own fitness |
| **Title** | **Gymnastics/Outdoor Education, Net Games and Leadership** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SPRING** |
|  | I can identify STRENGTHS of my own performance |
|  | I can **explain** skills and demonstrate with some accuracy |
| **KPI 2** | I can select appropriate skills and use them in practice/game situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I can identify STRENGTHS of my own leadership attributes |
|  | I can **explain** leadership skills and demonstrate when leading |
|  | I can select appropriate leadership skills and use them in different situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own leadership attributes |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in different ODE situations |
|  | I can identify STRENGTHS of my own outdoor skills |
| **Title** | **Athletics, Striking & Fielding and Alternative activities** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SUMMER** |
|  | I can identify STRENGTHS of my own performance |
|  | I can **explain** skills and demonstrate with some accuracy |
| **KPI 3** | I can select appropriate skills and use them in practice/event situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I can identify STRENGTHS of my own performance |
|  | I can **explain** skills and demonstrate with some accuracy |
|  | I can select appropriate skills and use them in practice/game situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |