

















Name:		Autumn Term				Spring Term				
FITNESS										
		Monitor fitness levels								
		Maintain fitness levels								
		Fitness levels								
		Reflections from Yr 9:	Target:				Target:			
PHYSICAL LITERACY										
		Perform skills maximise use of tactics in sport 1								
		Perform skills maximise use of tactics in sport 2								
		Perform skills maximise use of tactics in sport 3								
	Reflections from Yr 9:	Target:				Target:				

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LEADERSHIP LIFE SKILLS: MORALS	Lead a short session to peers								
	Understand value of communication, leadership and organisational skills in other roles								
	Reflections from Yr 9:	Target:				Target:			
HEALTH	I lead a healthy lifestyle (e.g. get enough sleep, exercise regularly, eat real food, relax regularly)								
	Reflections from Yr 9:	Target:				Target:			
ENJOYMENT, CONFIDENCE	I have fun in my lessons								
	I try hard in my lessons								
	Reflections from Yr 9:	Target:				Target:			