

























Name:		Autumn Term				Spring Term				
FITNESS										
		Create a training programme to improve 2 components of fitness								
		2 components of fitness have improved								
		Fitness levels								
		Reflections from Yr 8:	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 2								
	Reflections from Yr 8:	Target:				Target:				

Name:		Autumn Term				Spring Term			
									
LEADERSHIP LIFE SKILLS: MORALS	Team teach a skill or facts to peers								
	Provide feedback to a peer								
	Be aware of life skills learned in PE that can be used in jobs and careers								
	Reflections from Yr 8:	Target:				Target:			
HEALTH	Be aware of common health issues of a sedentary lifestyle								
	I lead a healthy lifestyle (e.g. get enough sleep, exercise regularly, eat real food, relax regularly)								
	Reflections from Yr 8:	Target:				Target:			

Name:		Autumn Term				Spring Term			
ENJOYMENT, CONFIDENCE									
	I have fun in my lessons								
	I try hard in my lessons								
	Reflections from Yr 8:	Target:				Target:			

