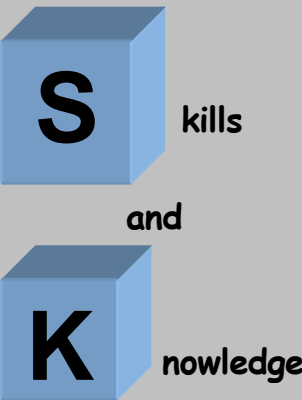



# Year 8: ASK Yourself!

**Subject: Physical Education**  
**Unit: Belong, Believe, Become**

	Launching	Developing	Progressing	Mastering
 <p><b>S</b> skills and <b>K</b> knowledge</p> 				
<p><b>Belong</b></p> <p><b>How can I <u>belong</u> to my class and my team?</b></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><b>Believe</b></p> <p><b>How well do I believe in my own ability and potential?</b></p>	<p>I understand what makes up a fit and healthy lifestyle &amp; 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><b>Become</b></p> <p><b>How can I become the best I can be?</b></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>
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