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| **Name\_\_\_\_\_\_\_\_\_\_\_\_ Year 8 Learning Journal Teacher \_\_\_\_\_\_\_\_** | | | |
|  | **Hands**  ***Respect*** | **Heart**  ***Kindness / Friendliness*** | **Head**  ***Honesty*** |
| **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS36oFQHmUyeb7NVvZzY2igq6Yw6LbSudWddPFMlymDAGSGKi-ytAAPxVHf**  **Secure/**  **Mastered** | * I can compile actions and choreographic devises in gym and dance. * I can officiate in college matches for lower school. * I can justify and apply the skills/tactics used. * I can conclude calorie calculations and demonstrate what exercise is needed to burn it off. | * I can play competitively and show good sportsmanship. * I can model self-manger skills in lessons and college matches. * I can be innovative with my leadership skills and model good cooperation and communication. * Consistently resolve issues within a team with other seeking a teacher help. | * I can modify routine/tactic based on feedback. * I can analyse a peer’s skill within a competitive situation. * I can identify whether an attacking or defending tactic will be more successful. * I can identify tactics to enhance team’s strengths and exploit opponent’s weaknesses. |
| https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSPjx8HsUvcKbb5TmVE4y7flPq3OoaU7zE5TiN2R9W8IDYjHXM_vuiSRMY0  **Developing** | * I can modify actions and chorographical principles in gym and dance. * I can independently officiate with confidence * I can modify my skills to support tactics. * I can participate in a variety of fitness activities to burn off calories. | * I can demonstrate my enjoyment for a challenge. * I can integrate self-manager skills in lessons. * I can effectively show leadership attributes and apply good cooperation and communication. * I can frequently work with others effectively to demonstrate successful team worker skills. | * I can provide advice on how improvements can impact performance. * I can Identify how techniques and skills differ. * I can make decisions based on opponents’ strengths and weaknesses. * I can identify opponent’s weaknesses and how a team can use these to their advantage. |
| **Emerging https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcSQjqdssycRodPgo9KYK0aQHwYf_tn0YoXlRm8wqmw1c-dhdnAOPa-a6OE0** | * I can consider which actions and chorographical principles to use. * I can use a resource to umpire small sided games. * I can develop skills for tactical use. * I can decide what a healthy, active lifestyle means. | * I can show I have a positive attitude to learning. * I can improve my effective participator skills. * I can build on my leadership qualities and good cooperation and communication. * I can understand why compromising is important in a team. | * I can identify what improvements need to be made in a performance. * I can identify key parts of a technique. * I can identify an opponent’s strength or weakness. * I can often suggest tactics to improve a team’s strengths. |

**1-12 = emerging 13-23 = developing 24-33 = secure 34- 36 = master**

**Reflection - Year 8 Learning Journal**



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| **Winter** | |
| **Hands - Respect** | **/ 12** |
| **Heart – Kindness/ Friendliness** | **/ 12** |
| **Head – Honesty** | **/12** |
| **Total** | **/36** |
| **My Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **My target: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **I am proud of myself because:**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |

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| **Spring** | |
| **Hands - Respect** | **/ 12** |
| **Heart – Kindness/ Friendliness** | **/ 12** |
| **Head – Honesty** | **/ 12** |
| **Total** | **/ 36** |
| **I have improved by \_\_\_\_\_ points**  **My Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **My target: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **I am proud of myself because:**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |

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| **Spring** | |
| **Hands - Respect** | **/ 12** |
| **Heart – Kindness/ Friendliness** | **/ 12** |
| **Head – Honesty** | **/ 12** |
| **Total** | **/ 36** |
| **I have improved by \_\_\_\_\_ points**  **My Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **My target: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **I am proud of myself because:**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |