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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.
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| 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.
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**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:****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |