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| **Name\_\_\_\_\_\_\_\_\_\_\_\_ Year 7 Learning Journal Teacher \_\_\_\_\_\_\_\_** | | | |
|  | **Hands**  ***Respect*** | **Heart**  ***Kindness / Friendliness*** | **Head**  ***Honesty*** |
| **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS36oFQHmUyeb7NVvZzY2igq6Yw6LbSudWddPFMlymDAGSGKi-ytAAPxVHf**  **Secure/**  **Mastered** | * I can show confidence to lead a whole class warm up. * I can evaluate a sporting activity, suggesting and demonstrating what component of fitness is required and why. * I can adapt a routine to show fluency between different ‘actions’ in gym and dance. * I can produce the correct skills for different activities. | * I can apply leadership qualities. * I can aspire to improve. * I can demonstrate confidently a ‘no faulter in failure’ attitude. * Can lead a team to improved performance. | * I can demonstrate rules to others. * I can provide technical advice on how to improve based on my understanding of the correct technique. * I can discover what happens when you change the technique. * I can evaluate success of a tactic. |
| https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSPjx8HsUvcKbb5TmVE4y7flPq3OoaU7zE5TiN2R9W8IDYjHXM_vuiSRMY0  **Developing** | * I can lead a small group for a warm up. * I can demonstrate exercises to improve the components of fitness. * I can reorganise actions in gym and dance. * I can select the correct skills for different activities. | * I can demonstrate leadership qualities. * I can demonstrate hard work to improve the quality of my performance. * I can identify a ‘no faulter in failure’ attitude. * I can often communicate ideas to a team. | * I can use resources to help officiate a small game. * I can analyse a performance based on the correct technique. * I can highlight the key features of the correct technique. * Offers ideas which will help themselves or their team be more successful. |
| **https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcSQjqdssycRodPgo9KYK0aQHwYf_tn0YoXlRm8wqmw1c-dhdnAOPa-a6OE0**  Emerging | * I can take part of a warm up. * I can identify some of the components of fitness. * I can demonstrate stillness/ balances in gym and dance. * I can select specific skills in different activities. | * I can reproduce leadership qualities. * I can make some effort to improve the quality of performance. * I can set an example to others in lessons and house matches. * I can often communicate effectively. | * I can explain the rules needed for officiating. * I can compare performances using key terminology. * I can compare a performance to the correct technique of a ‘perfect model’. * I can occasionally comment on performance. |

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

**Reflection - Year 7 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:**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |