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