





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

Reflection - Year 8 Learning Journal



Head <i>Love to Learn</i>	Hands <i>Learn to Live</i>	Heart <i>Live to Love</i>
<ul style="list-style-type: none"> Highlight defending and attacking tactics Improve performance. Modify your routine. propose what a healthy active lifestyle is. Adapt tactics based on team's performance. inspect performance. Recommend tactics to use and why. 	<ul style="list-style-type: none"> Develop skills for tactical use. Create flight. Compile choreographic devises. Participate to burn off calories. Modify skill to support tactics. select correct technique for running, jumping and throwing. Justify skill/ tactics used. 	<ul style="list-style-type: none"> Build leadership qualities. demonstrate determination. Aspire to achieve. Model effective participator skills. Innovative with leadership. model confidence in performance. effectively show leadership attributes.

Winter		Spring		Summer	
Head	/ 12	Head	/ 12	Head	/ 12
Hands	/ 12	Hands	/ 12	Hands	/ 12
Heart	/12	Heart	/ 12	Heart	/ 12
Total	/36	Total	/ 36	Total	/ 36
I have improved by _____ points My Strength: _____ _____ _____ My target: _____ _____ _____ _____ I am proud of myself because: _____ _____ _____		I have improved by _____ points My Strength: _____ _____ _____ My target: _____ _____ _____ _____ I am proud of myself because: _____ _____ _____		I have improved by _____ points My Strength: _____ _____ _____ My target: _____ _____ _____ _____ I am proud of myself because: _____ _____ _____	
Superhero skills used in winter term CT RL SM EP IE TW		Superhero skills used in Spring term CT RL SM EP IE TW		Superhero skills used in Summer term CT RL SM EP IE TW	
What fruits of faith have you used: 		What fruits of faith have you used: 		What fruits of faith have you used: 	