

Year 8	Skill development	Teamwork	Creativity	Understanding Health	Personal qualities
Emerging	Students are improving but still performing skills to a basic level - throwing, catching, running, jumping, kicking & striking are improving but still lack co-ordination. There is a basic understanding of the techniques required to be able to play the sport eg a basic serve in table tennis, the chest pass in netball or basic bowling technique in cricket without using spin or pace. Little success when attempting more technical skills	On a basic level, being able to employ attacking or defensive strategies to beat opposing teams. Students are often quiet in group situations with little input, but will carry out group tasks despite preferring to work alone. Students have more success when working in pairs and will achieve better when working in groups set by ability	Being able to come up with basic ideas when performing in front of others eg: creating a simple performance in gymnastics or creating a set move to beat a defender in a 2 v 1 game of rugby. Students are able to link more complex skills which were learned in year 7 and develop them to adapt to new situations.	Students understand the importance of health and fitness and they are able to justify why a warm-up is required and they understand the different areas of fitness.	Students need motivating to be fully engaged in sport and rarely do more than the bare minimum. Some students show little understanding of the abilities of their peers and are not always able to accept the weaknesses they work with.
Developing	Skill level is developing and no longer basic. Students may have issues with co-ordinating gross motor skills but have a much better grasp of the basic skills in order to perform in sport	Students do not perform at their best in group situations and sometimes find it hard to work with others. They can understand the importance of working together but prefer to so as a pair rather than in large group situations.	Students sometimes find it hard to come up with strategies to beat opposition or design sequences of work but with help, they are able to achieve a level of success.	Students are beginning to understand the benefits of regular exercise and the effects it has on the body	Students show signs of being interested in areas of the subject and are respectful of the abilities of their peers
Securing	Students have a sound level of skill and are able to perform large skills, in sport specific situations, with a degree of success. Eg, a basic bowling action in cricket.	Students have a sound understanding of how to work together with others in a team and they understand their role within a team, for example, how to perform a fast break in basketball.	Students have a sound level of creativity and will plan and perform sequences with guidance in areas like gymnastics.	Students are beginning to exercise independently and understand how to warm-up correctly before exercise and the correct techniques required to perform exercises	Students are keen to achieve but do find some areas of the subject more challenging than others
Advancing	Students are working at a good level of ability, maybe attending school clubs or representing a school team. They are able to transfer skills from one area to another with a good level of success	Students work well in group situations and are showing a good understanding of how working as part of a team is important.	Students enjoy being given tasks to complete without any solutions. Devising their own ways to become successful has helped them to develop their understanding of activities in year 8.	Students enjoy fitness as a topic and show good levels of fitness for a pupil in year 8. They are developing their knowledge and understanding of how the body adapts to exercise.	Students are keen to improve and show a good level of effort and motivation. They will offer answers in lessons and they desire to get better and do their best.
Mastering	Students are working at a high level of ability, representing school teams or playing sport for clubs outside of school. They find it easy to transfer skills from one sport to another and like to be challenged to improve.	Students enjoy being part of a team and are very good at working with others. They understand the strengths and weaknesses of those around them and they are able to work together to gain success.	Students show a high level of creative thinking in both aesthetic areas of sport like gymnastics and when trying to find solutions to problems e.g. tactics in a middle distance race.	Students have a high level of fitness and enjoy fitness training and pushing themselves to the limit. They understand the importance of fitness when playing sport and will exercise independently outside of school to improve their performance levels.	Students are well motivated and show a high level of commitment and effort in PE lessons and after school clubs. They are always keen to help and show a high level of desire to improve.