

Key Performance Indicators	Year 8 Milestones - P.E
Games	I can use and develop a variety of tactics and strategies to overcome opponents in team sports.
	I can work alone or with team mates in order to consistently gain points or possession in a game situation.
	I can strike a bowled or volleyed ball with accuracy and consistency using a range of techniques in a game situation.
	I can combine a range of forehand and backhand shots.
	I can consistently choose the most appropriate tactics in a game.
	I can uphold the spirit of fair play and respect in all competitive situations.
	I can lead others and be an active role model within a team.
	I can consistently use my tactical knowledge to anticipate the direction of play in a game situation.
Gymnastics/Dance	I can consistently compose and perform creative and imaginative dance sequences.
	I can consistently perform expressively and hold a precise and strong body posture.
	I can express an idea in original and imaginative ways.
	I can consistently plan, perform and repeat complex sequences.
	I can perform complex moves which combine strength and stamina gained through gymnastics activities such as cartwheels or handstands.
	I can plan and perform with high energy, using a range of speeds and levels or other themes.
	I can perform fluently and expressively whilst holding a precise and strong body posture.
	I can confidently create complex sequences and well executed sequences. I can include a full range of movements including: balances, swinging, travelling, springing, flight, vaults, inversions, rotations, bending, stretching, gestures and linking skills.
	I can competently demonstrate kinesthetic sense in order to improve the placement and alignment of body parts (e.g in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting shape).

	I can perform complex moves which combine strength and stamina gained through gymnastics activities such as cartwheels or handstands.
Athletics	I can combine sprinting with medium hurdles over a 100 metre sprint.
	I can competently and consistently throw a javelin, discus, and shot accurately and refine performance by analysing technique and body shape.
	I can organise time and record running times for a group whilst giving technical feedback on how to improve.
	I can demonstrate control in take off and landing when jumping in high jump, triple jump and long jump.
Cognitive Ability	I can consistently embrace both leadership and team roles and gain commitment and respect of a team.
	I can show confidence in others and seek support if required when the situation dictates.
	I can understand the importance of regular exercise and a balanced diet on our health and well being.
	I can use maps, compasses and digital devices to orientate myself.
	I can quickly assess changing conditions and adapt plans to ensure safety comes first.
	I can identify possible risks and ways to manage them, asking for and listening to expert advice.