

Key Performance Indicators	Year 8 Milestones - Physical Education
Games	Physical: - I can demonstrate a variety of sports specific techniques with accuracy and control. - I can demonstrate an understanding of how I can use my body to overcome opponents and achieve success. - I can use speed, strength and power in line with sports specific technique to achieve a goal. - I can adapt to a variety of positions withing a team and attack and defend accordingly.
	Psychological: - I can apply numerous tactics to changing game situations. - I can officiate a game and implement knowledge of the scoring system and rules.
	Social: - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.
Dance	Physical: - I can perform a dance routine including a variety of moves and shapes. - I can compose and create imaginative dance sequences with expression.
	Psychological: - I can perform, plan and repeat complex dance sequences. - I can demonstrate understanding of variety of dance styles and their component parts.
	Social: - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.
	Physical: - I can perform a gymnastics sequence including a variety of moves and shapes. - I can demonstrate examples of body control, shape and tension to create an aesthetically pleasing performance.

Gymnastics	<p>Psychological:</p> <ul style="list-style-type: none"> - I can perform, plan and repeat complex gymnastic sequences. - I can demonstrate understanding of variety of gymnastics movement styles and their component parts.
	<p>Social:</p> <ul style="list-style-type: none"> - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.
OAA	<p>Physical:</p> <ul style="list-style-type: none"> - I can complete a basic orienteering course. - I can develop my understanding of map reading within problem solving activities.
	<p>Psychological:</p> <ul style="list-style-type: none"> - I can demonstrate problem solving skills when working in OAA. - I can demonstrate resilience and effective communication.
	<p>Social:</p> <ul style="list-style-type: none"> - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.
Athletics	<p>Physical:</p> <ul style="list-style-type: none"> - I can run over a variety of distances. - I can throw with accuracy using appropriate techniques. - I can perform different jumping techniques.
	<p>Psychological:</p> <ul style="list-style-type: none"> - I can select the appropriate tactics for each individual activity. - I can demonstrate understanding of the rules of each activity. - I can demonstrate my knowledge of pacing to improve my chances of success in Athletics.
	<p>Social:</p> <ul style="list-style-type: none"> - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.

Health Related Fitness

Physical:

- I can participate in a circuit to improve a range of components of fitness including agility, strength, stamina, and speed.
- I can create my own circuit focussing on a specific area of improvement

Psychological:

- I can demonstrate resilience and honesty when completing a fitness circuit.
- I can demonstrate an understanding of muscle groups and how they can benefit from circuit training

Social:

- I can demonstrate teamwork and motivate other pupils.
- I can evaluate my performance and the performance of others.