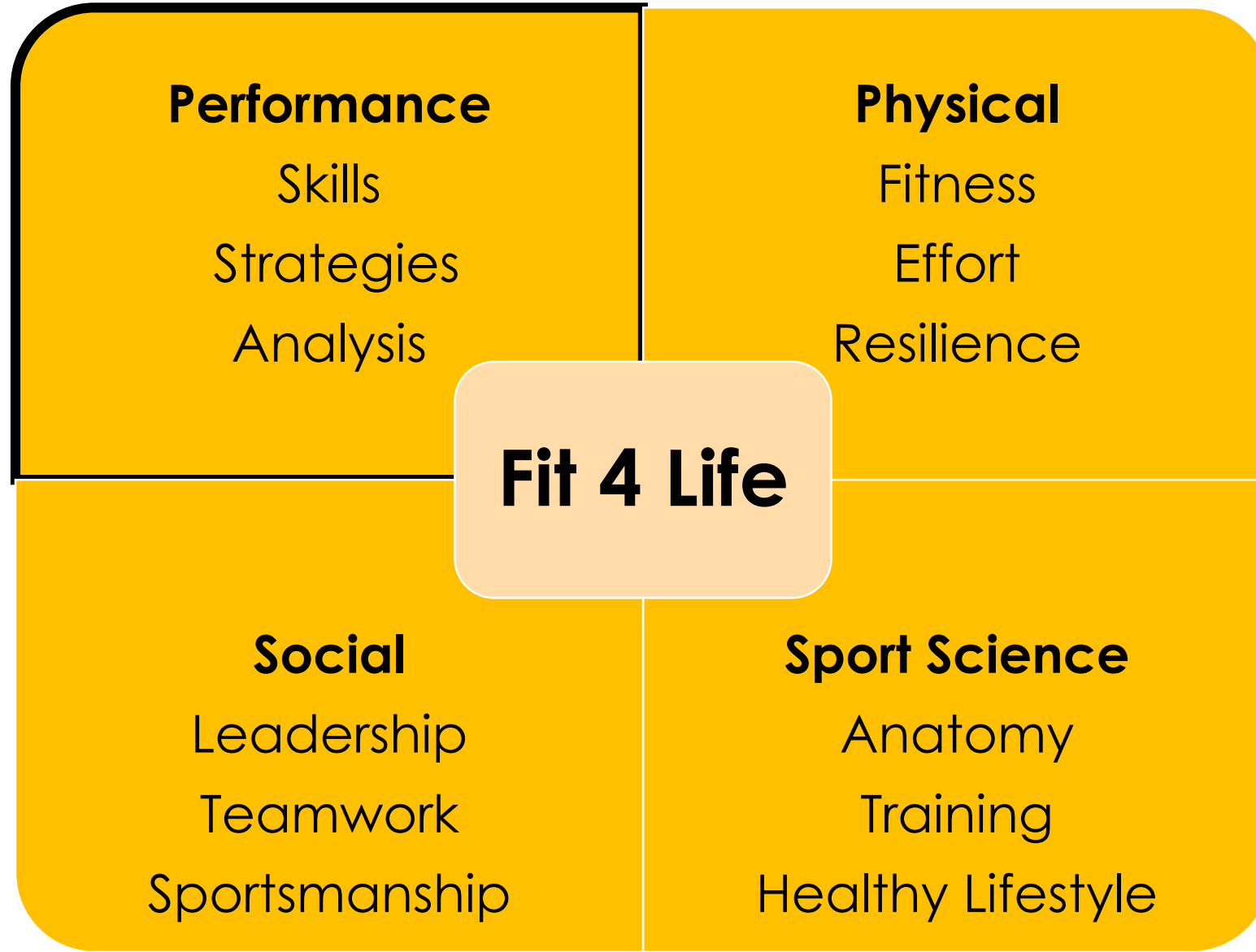


Fit 4 Life

Physical Education at Tomlinscote School



Year 8 Flight Path Criteria

Area of Focus	Yellow	Pink	Blue
Performance AoF 1 and 2	Skills Demonstrates fundamental skills with control in opposed practices/when under pressure	Skills Demonstrates key skills with accuracy in opposed practices/when under pressure	Skills Demonstrates key skills with fluency in opposed practices/when under pressure
	Strategies Demonstrates fundamental strategies with control in opposed practices/when under pressure	Strategies Demonstrates key strategies with accuracy in opposed practices/when under pressure	Strategies Demonstrates key strategies with fluency in opposed practices/when under pressure
	Analysis of Performance Identify at least one strength and one weakness in a performance	Analysis of Performance Explain one strength and one weakness in a performance and suggest one way to improve the performance	Analysis of Performance Explain one strength and one weakness in a performance and explain how to improve the performance
Physical AoF 3	Fitness Demonstrates endurance, coordination and agility for a period of exercise	Fitness Demonstrates physical effort during a period of exercise by using endurance, coordination and agility	Fitness Demonstrates energy and enthusiasm during a period of exercise by using endurance, power, coordination and agility
	Endeavour Makes a sustained contribution to a physical performance	Endeavour Makes a sustained contribution to a competitive performance	Endeavour Makes a significant contribution to a physical performance
	Resilience Focuses on overcoming several physical challenges	Resilience Demonstrates determination by overcoming a physical challenge	Resilience Demonstrates adaptability by overcoming a physical challenge
Social AoF 4	Leadership Manages a small group (2-4 people) by using effective communication skills	Leadership Manages a group (4-6 people) by using effective communication skills	Leadership Organises and coaches a group (4-6 people) or can officiate a small sided competition/game.
	Teamwork Demonstrates respect and cooperation to teammates, opponents and officials	Teamwork Cooperates with teammates and respects opponents/officials, to help overcome challenge	Teamwork Coordinates effectively with team mates and peers to overcome competitive challenges
	Sportsmanship Demonstrates honesty by abiding by the rules of the sport or activity during a competitive performance	Sportsmanship Demonstrates fair play by abiding by the rules of the sport and showing respect to opponents/officials	Sportsmanship Demonstrates integrity by following the rules, always competing fairly and respectfully.
Sport Science AoF 5	Anatomy Knows the location of at least 5 muscles	Anatomy Knows the locations of at least 7 muscles and can suggest how the muscles link to a sportspersons performance.	Anatomy Knows the location of at least 7 muscles and can explain how the muscles link to a sportspersons performance
	Training Knows at least 3 components of fitness and how to test them reliably	Training Knows at least 5 components of fitness and how to test all of them reliably	Training Knows at least 6 components of fitness and how to test all of them reliably
	Health Knows how physical activity can benefit your physical, social and mental health	Health Explains how physical activity can benefit your physical, social and mental health	Health Analyses how physical activity can benefit your physical, social and mental health