

Lower School Report 1 | Year 8 **Attainment Descriptors**

Developing	Improving	Meeting	Exceeding
Students rarely demonstrate that they have met any of the criteria	Students occasionally demonstrate that they meet some of the criteria	Students demonstrate that they regularly meet most of the criteria	Students almost always demonstrate that they meet all criteria. Often, they will take advantage of opportunities to broaden their understanding of the subject

Department	Activity	Learning Criteria	Resources to support your child at home
	Athletics	Core Skills Students can perform the following skills with some accuracy and effective performance: <u>Track (100m, 200m, 300m, 800m, 1500m).</u> - Starting, finishing, posture, leg action, arm action, head carriage <u>Jumps (high, long)</u> - Approach, take-off, flight, landing <u>Throws (shot, discus, javelin)</u> - Stance, grip, throwing action, release Tactical Awareness - Students have some awareness of the rules and regulations of the event	Encourage your child to attend the extra-curricular lunch time clubs and School competitions if selected Encourage your child to attend an athletics club outside of School
	Badminton	Core Skills Students can perform the following skills with some accuracy: - Serving (short and long) - Forehand Clear shots (under arm and overhead) landing beyond mid court - Forehand Drop shots (under arm and overhead) landing before mid court Tactical Awareness - Students can select an appropriate shot to move their opponent some of the time - Students have some awareness of the rules and regulations (e.g. scoring and serving) and are able to officiate a match with some success	Hire a court at a local sports centre to play badminton with your child or for your child to play with a friend Encourage your child to attend a badminton club outside of School
P.E	Basketball	Core skills Students can perform the following skills with some accuracy: - Passing (chest, bounce and overhead) - Set shot - Dribbling using either hand Students can perform the following skills with occasional accuracy: - Dominant hand lay up Tactical Awareness - Students have some awareness of when and where to run/pass/shoot/dribble - Students have a basic understanding of the rules and regulations	Encourage your child to attend the extra-curricular lunch time clubs/after school clubs and School fixtures if selected Encourage your child to attend a basketball club outside of School
	Cricket	Core Skills Students can perform the following skills with some accuracy: - Batting (correct grip and stance, use of straight drive) and occasionally direct the ball with accuracy to various areas - Bowling (straight arm) - Fielding (stopping the ball, catching, pick up and throw) Tactical Awareness - Students can make some good decisions when fielding (where to throw to) and batting (where to direct their shot) - Students can sometimes use good positioning when fielding and are able to organise their team into fielding positions with some success	Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected Encourage your child to attend a cricket club outside of School
	Cross Country	Core Skills - Students are able to complete a 4km cross-country course by jogging for most of the race - Students show good effort and determination to complete the course as fast as they are able to Tactical Awareness - Students show some awareness of pacing throughout the race - Students show some awareness of when to kick to the finish line	Encourage your child to run in their free time to increase their fitness Encourage your child to attend cross country competitions if selected

			Encourage your child to attend a cross country club outside of School
	Football	Core Skills Students can perform the following skills with some accuracy: - Ball control using their dominant foot - Short passing using their dominant foot - Shooting from a short range with their dominant foot - Dribbling with close control using their dominant side to perform a stepover/fake to beat a defender - Goalkeeper skills (handling, catching, parrying, punching, shot stopping) Students can perform the following skills with occasional accuracy: - Long passing using their dominant foot Tactical Awareness - Students sometimes show awareness of when and where to pass/shoot/dribble - Students sometimes show awareness of attacking and defensive positioning on the pitch	Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected Encourage your child to attend a football club outside of School
	Dance	Core Skills Students can perform the following skills with some control: - Posture/placement, alignment, tension - Aesthetics of movement – body tension/extension, coordination of body parts - Contrasting types of movements - Body shape Tactical Awareness - Students can choreograph a routine, which shows some creativity and fluency - Students can choreograph a routine, which sometimes uses the available space and sometimes uses different levels	Encourage your child to attend a dance club outside of School
	Gymnastics	Core Skills Students can perform the following skills with some accuracy: - Rolls (e.g. forward, backward, teddy bear, pencil) - Individual, paired and group balances using different parts of the body - Transitions (e.g. jumps/leaps/cartwheels) Tactical Awareness - Students can choreograph a routine, which shows some creativity and fluency - Students can choreograph a routine, which sometimes uses the available space - Students can choreograph a routine, which uses available apparatus	Encourage your child to attend a gymnastics club outside of School
	Netball	Core Skills Students can perform the following skills with some accuracy: - Passing over short distances (chest, overhead, bounce and shoulder) - Footwork (stopping, landing and pivoting) - Ball handling (catching whilst stationary) - Shooting (GA and GS only) - Rebounds (GA, GS, GD, GK only) - Dodging (sprint, feint, change of direction) - Marking (the player, the ball, the space) Students can perform the following skills with occasional accuracy: - Passing over long distances (chest, overhead, bounce and shoulder) Tactical Awareness - Students sometimes show awareness of when, where and how to pass/shoot/dodge/mark - Students sometimes show awareness of attacking and defensive positioning on court - Students have a basic understanding of the rules and regulations	Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected Encourage your child to attend a netball club outside of School
	Rounders	Core Skills Students can perform the following skills with some accuracy and effective performance: - Bowling from a stationary position - Batting (able to make contact with the ball) and occasionally direct the ball with accuracy to various areas - Fielding (stopping the ball, catching, pick up and throw, fielding on a base) Students can perform the following skills with occasional accuracy and effective performance: - Bowling using a rhythmic stepping action Tactical Awareness - Students have a basic understanding of the rules and regulations - Students sometimes make good decisions when fielding and batting e.g. what base to run to (batting) or throw to (fielding) - Students sometimes use good positioning when fielding	Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected Encourage your child to attend a rounders club outside of School

Rugby	<u>Core Skills</u> Students can perform the following skills with some accuracy: - Passing (off of either hand to the left or right) - Catching the ball (stationary and on the move) - Beating opponents (using a sidestep, change of speed, change of direction) - Tackling (from the front and the side) - Rucking (going to ground, support roles, clearing out) <u>Tactical Awareness</u> - Students show some awareness of when and where to run/pass - Students show some awareness of their role in the team's attacking and defensive alignment - Students have a basic understanding of the rules and regulations	Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected Encourage your child to attend a rugby club outside of School
Table tennis	<u>Core Skills</u> Students can perform the following skills with some accuracy: - Serving (a legal serve which follows all rules and regulations) - Backhand and forehand to rally effectively - Use an offensive shot with power to win a point Students can perform the following skills with occasional accuracy: - Backhand and forehand shots with backspin and topspin <u>Tactical Awareness</u> - Students have a basic understanding of the rules and regulations (e.g. scoring and serving) - Students are able to officiate a match with some success - Students can sometimes select an appropriate shot to use during a match	Encourage your child to use the table tennis tables outside the P.E department at break time and lunch time Hire a table at a local sports centre to play table tennis with your child or for your child to play with a friend Encourage your child to attend a table tennis club outside of School
Trampolining	<u>Core Skills</u> Students can perform the following skills with some accuracy: - Shapes (tuck, pike, straddle) - Half and full twist - Seat drop combinations Students can perform the following skills with occasional accuracy: - Swivel hips - Front drop <u>Tactical Awareness</u> - Students perform a routine with some fluency - Students perform a routine with some height - Students perform a routine with some control (staying in the centre of the trampoline)	Encourage your child to attend a trampolining club outside of School