

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

Developing	Improving	Meeting	Exceeding
Students <b>rarely</b> demonstrate that they have met any of the criteria	Students <b>occasionally</b> demonstrate that they meet <b>some</b> of the criteria	Students demonstrate that they <b>regularly</b> meet <b>most</b> of the criteria	Students <b>almost always</b> demonstrate that they meet <b>all</b> 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
	<b>Athletics</b>	<p><b>Core Skills</b> Students can perform the following skills with some accuracy and effective performance:  <u>Track (100m, 200m, 300m, 800m, 1500m).</u></p> <ul style="list-style-type: none"> <li>- Starting, finishing, posture, leg action, arm action, head carriage</li> </ul> <p><u>Jumps (high, long)</u></p> <ul style="list-style-type: none"> <li>- Approach, take-off, flight, landing</li> </ul> <p><u>Throws (shot, discus, javelin)</u></p> <ul style="list-style-type: none"> <li>- Stance, grip, throwing action, release</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students have some awareness of the rules and regulations of the event</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School competitions if selected</p> <p>Encourage your child to attend an athletics club outside of School</p>
	<b>Badminton</b>	<p><b>Core Skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Serving (short and long)</li> <li>- Forehand Clear shots (under arm and overhead) landing beyond mid court</li> <li>- Forehand Drop shots (under arm and overhead) landing before mid court</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students can select an appropriate shot to move their opponent some of the time</li> <li>- Students have some awareness of the rules and regulations (e.g. scoring and serving) and are able to officiate a match with some success</li> </ul>	<p>Hire a court at a local sports centre to play badminton with your child or for your child to play with a friend</p> <p>Encourage your child to attend a badminton club outside of School</p>
<b>P.E</b>	<b>Basketball</b>	<p><b>Core skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Passing (chest, bounce and overhead)</li> <li>- Set shot</li> <li>- Dribbling using either hand</li> </ul> <p>Students can perform the following skills with occasional accuracy:</p> <ul style="list-style-type: none"> <li>- Dominant hand lay up</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students have some awareness of when and where to run/pass/shoot/dribble</li> <li>- Students have a basic understanding of the rules and regulations</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs/after school clubs and School fixtures if selected</p> <p>Encourage your child to attend a basketball club outside of School</p>
	<b>Cricket</b>	<p><b>Core Skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Batting (correct grip and stance, use of straight drive) and occasionally direct the ball with accuracy to various areas</li> <li>- Bowling (straight arm)</li> <li>- Fielding (stopping the ball, catching, pick up and throw)</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students can make some good decisions when fielding (where to throw to) and batting (where to direct their shot)</li> <li>- Students can sometimes use good positioning when fielding and are able to organise their team into fielding positions with some success</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a cricket club outside of School</p>
	<b>Cross Country</b>	<p><b>Core Skills</b></p> <ul style="list-style-type: none"> <li>- Students are able to complete a 4km cross-country course by jogging for most of the race</li> <li>- Students show good effort and determination to complete the course as fast as they are able to</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students show some awareness of pacing throughout the race</li> <li>- Students show some awareness of when to kick to the finish line</li> </ul>	<p>Encourage your child to run in their free time to increase their fitness</p> <p>Encourage your child to attend cross country competitions if selected</p>

			Encourage your child to attend a cross country club outside of School
	Football	<p><b>Core Skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Ball control using their dominant foot</li> <li>- Short passing using their dominant foot</li> <li>- Shooting from a short range with their dominant foot</li> <li>- Dribbling with close control using their dominant side to perform a stepover/fake to beat a defender</li> <li>- Goalkeeper skills (handling, catching, parrying, punching, shot stopping)</li> </ul> <p>Students can perform the following skills with occasional accuracy:</p> <ul style="list-style-type: none"> <li>- Long passing using their dominant foot</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students sometimes show awareness of when and where to pass/shoot/dribble</li> <li>- Students sometimes show awareness of attacking and defensive positioning on the pitch</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a football club outside of School</p>
	Dance	<p><b>Core Skills</b> Students can perform the following skills with some control:</p> <ul style="list-style-type: none"> <li>- Posture/placement, alignment, tension</li> <li>- Aesthetics of movement – body tension/extension, coordination of body parts</li> <li>- Contrasting types of movements</li> <li>- Body shape</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students can choreograph a routine, which shows some creativity and fluency</li> <li>- Students can choreograph a routine, which sometimes uses the available space and sometimes uses different levels</li> </ul>	Encourage your child to attend a dance club outside of School
	Gymnastics	<p><b>Core Skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Rolls (e.g. forward, backward, teddy bear, pencil)</li> <li>- Individual, paired and group balances using different parts of the body</li> <li>- Transitions (e.g. jumps/leaps/cartwheels)</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students can choreograph a routine, which shows some creativity and fluency</li> <li>- Students can choreograph a routine, which sometimes uses the available space</li> <li>- Students can choreograph a routine, which uses available apparatus</li> </ul>	Encourage your child to attend a gymnastics club outside of School
	Netball	<p><b>Core Skills</b> Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Passing over short distances (chest, overhead, bounce and shoulder)</li> <li>- Footwork (stopping, landing and pivoting)</li> <li>- Ball handling (catching whilst stationary)</li> <li>- Shooting (GA and GS only)</li> <li>- Rebounds (GA, GS, GD, GK only)</li> <li>- Dodging (sprint, feint, change of direction)</li> <li>- Marking (the player, the ball, the space)</li> </ul> <p>Students can perform the following skills with occasional accuracy:</p> <ul style="list-style-type: none"> <li>- Passing over long distances (chest, overhead, bounce and shoulder)</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students sometimes show awareness of when, where and how to pass/shoot/dodge/mark</li> <li>- Students sometimes show awareness of attacking and defensive positioning on court</li> <li>- Students have a basic understanding of the rules and regulations</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a netball club outside of School</p>
	Rounders	<p><b>Core Skills</b> Students can perform the following skills with some accuracy and effective performance:</p> <ul style="list-style-type: none"> <li>- Bowling from a stationary position</li> <li>- Batting (able to make contact with the ball) and occasionally direct the ball with accuracy to various areas</li> <li>- Fielding (stopping the ball, catching, pick up and throw, fielding on a base)</li> </ul> <p>Students can perform the following skills with occasional accuracy and effective performance:</p> <ul style="list-style-type: none"> <li>- Bowling using a rhythmic stepping action</li> </ul> <p><b>Tactical Awareness</b></p> <ul style="list-style-type: none"> <li>- Students have a basic understanding of the rules and regulations</li> <li>- Students sometimes make good decisions when fielding and batting e.g. what base to run to (batting) or throw to (fielding)</li> <li>- Students sometimes use good positioning when fielding</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a rounders club outside of School</p>

Rugby	<p><b><u>Core Skills</u></b>  Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Passing (off of either hand to the left or right)</li> <li>- Catching the ball (stationary and on the move)</li> <li>- Beating opponents (using a sidestep, change of speed, change of direction)</li> <li>- Tackling (from the front and the side)</li> <li>- Rucking (going to ground, support roles, clearing out)</li> </ul> <p><b><u>Tactical Awareness</u></b></p> <ul style="list-style-type: none"> <li>- Students show some awareness of when and where to run/pass</li> <li>- Students show some awareness of their role in the team's attacking and defensive alignment</li> <li>- Students have a basic understanding of the rules and regulations</li> </ul>	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a rugby club outside of School</p>
Table tennis	<p><b><u>Core Skills</u></b>  Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Serving (a legal serve which follows all rules and regulations)</li> <li>- Backhand and forehand to rally effectively</li> <li>- Use an offensive shot with power to win a point</li> </ul> <p>Students can perform the following skills with occasional accuracy:</p> <ul style="list-style-type: none"> <li>- Backhand and forehand shots with backspin and topspin</li> </ul> <p><b><u>Tactical Awareness</u></b></p> <ul style="list-style-type: none"> <li>- Students have a basic understanding of the rules and regulations (e.g. scoring and serving)</li> <li>- Students are able to officiate a match with some success</li> <li>- Students can sometimes select an appropriate shot to use during a match</li> </ul>	<p>Encourage your child to use the table tennis tables outside the P.E department at break time and lunch time</p> <p>Hire a table at a local sports centre to play table tennis with your child or for your child to play with a friend</p> <p>Encourage your child to attend a table tennis club outside of School</p>
Trampolining	<p><b><u>Core Skills</u></b>  Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> <li>- Shapes (tuck, pike, straddle)</li> <li>- Half and full twist</li> <li>- Seat drop combinations</li> </ul> <p>Students can perform the following skills with occasional accuracy:</p> <ul style="list-style-type: none"> <li>- Swivel hips</li> <li>- Front drop</li> </ul> <p><b><u>Tactical Awareness</u></b></p> <ul style="list-style-type: none"> <li>- Students perform a routine with some fluency</li> <li>- Students perform a routine with some height</li> <li>- Students perform a routine with some control (staying in the centre of the trampoline)</li> </ul>	<p>Encourage your child to attend a trampolining club outside of School</p>