





Name _____		Year 7 Learning Journal		Teacher _____	
 <u>Head</u> <i>Love to Learn</i>		<u>Hands</u> <i>Learn to Live</i>		<u>Heart</u> <i>Live to Love</i>	
 Secure/ Mastery	<input type="checkbox"/> I can demonstrate rules to others.	<input type="checkbox"/> I can show confidence to lead a whole class warm up.	<input type="checkbox"/> I can apply leadership qualities.		
	<input type="checkbox"/> I can provide technical advice on how to improve based on my understanding of the correct technique.	<input type="checkbox"/> I can evaluate a sporting activity, suggesting and demonstrating what component of fitness is required and why.	<input type="checkbox"/> I can aspire to improve.		
	<input type="checkbox"/> I can discover what happens when you change the technique.	<input type="checkbox"/> I can adapt a routine to show fluency between different 'actions' in gym and dance.	<input type="checkbox"/> I can demonstrate confidently a 'no faulter in failure' attitude.		
 Developing	<input type="checkbox"/> I can evaluate success of a tactic.	<input type="checkbox"/> I can produce the correct skills for different activities.	<input type="checkbox"/> Can lead a team to improved performance.		
	<input type="checkbox"/> I can use resources to help officiate a small game.	<input type="checkbox"/> I can lead a small group for a warm up.	<input type="checkbox"/> I can demonstrate leadership qualities.		
	<input type="checkbox"/> I can analyse a performance based on the correct technique.	<input type="checkbox"/> I can demonstrate exercises to improve the components of fitness.	<input type="checkbox"/> I can demonstrate hard work to improve the quality of my performance.		
 Emerging	<input type="checkbox"/> I can highlight the key features of the correct technique.	<input type="checkbox"/> I can reorganise actions in gym and dance.	<input type="checkbox"/> I can identify a 'no faulter in failure' attitude.		
	<input type="checkbox"/> Offers ideas which will help themselves or their team be more successful.	<input type="checkbox"/> I can select the correct skills for different activities.	<input type="checkbox"/> I can often communicate ideas to a team.		
	<input type="checkbox"/> I can explain the rules needed for officiating.	<input type="checkbox"/> I can take part of a warm up.	<input type="checkbox"/> I can reproduce leadership qualities.		
	<input type="checkbox"/> I can compare performances using key terminology.	<input type="checkbox"/> I can identify some of the components of fitness.	<input type="checkbox"/> I can make some effort to improve the quality of performance.		
	<input type="checkbox"/> I can compare a performance to the correct technique of a 'perfect model'.	<input type="checkbox"/> I can demonstrate stillness/balances in gym and dance.	<input type="checkbox"/> I can set an example to others in lessons and house matches.		
	<input type="checkbox"/> I can occasionally comment on performance.	<input type="checkbox"/> I can select specific skills in different activities.	<input type="checkbox"/> I can often communicate effectively.		

1-12 = emerging

13-23 = developing

24-33 = secure

34- 36 = mastery

Reflection - Year 7 Learning Journal



Head <i>Love to Learn</i>	Hands <i>Learn to Live</i>	Heart <i>Live to Love</i>
<ul style="list-style-type: none"> Analyse performance. Compare performance to the 'perfect model'. Transform routine based on strengths and areas to improve. Consider effective control techniques. Identify components of fitness. Examine strengths and areas to improve. Highlight importance of correct technique. Discover what happens when you change technique. 	<ul style="list-style-type: none"> Discoverskill in Adapt balances. Create fluency/ stillness. Develop map reading skills. Perform components of fitness. Selectskill in..... Breakdown technique for running, jumping and throwing skills. Produce skill in..... 	<ul style="list-style-type: none"> Reproduce leadership qualities. Show no falter in failure. Aspire to improve Model good cooperation and communication. Produce effective participator skills Demonstrate leadership qualities. Establish confidence in performance. Apply leadership qualities.

Winter		Spring		Summer	
Head	/ 12	Head	/ 12	Head	/ 12
Hands	/ 12	Hands	/ 12	Hands	/ 12
Heart	/12	Heart	/ 12	Heart	/ 12
Total	/36	Total	/ 36	Total	/ 36
I have improved by ____ points My Strength: _____ _____ _____ My target: _____ _____ _____ I am proud of myself because: _____ _____ _____		I have improved by ____ points My Strength: _____ _____ _____ My target: _____ _____ _____ I am proud of myself because: _____ _____ _____		I have improved by ____ points My Strength: _____ _____ _____ My target: _____ _____ _____ I am proud of myself because: _____ _____ _____	
Superhero skills used in winter term: CT RL SM EP IE TW		Superhero skills used in Spring term: CT RL SM EP IE TW		Superhero skills used in Summer term: CT RL SM EP IE TW	
What fruits of faith have you used: 		What fruits of faith have you used: 		What fruits of faith have you used: 	