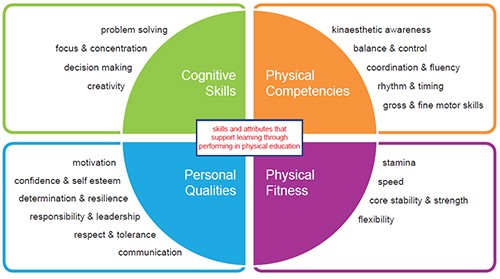
S1 Core Programme

Within our S1 block the pupils will participate in a range of 8 activities. During each lesson will look to integrate all 4 of the Significant Aspects of Learning (SALs), yet we will look to put more onus on one of the four SALs, in this case ***Physical Competencies.*** We will explicitly focus on basing our learning intentions and success criteria around them, in turn assessing the pupils through the corresponding benchmarks.

As well as this we will look to focus our assessment around the ***Movement Skills Competencies and Concepts,*** with the specific experiences and outcomes being listed at the top of each lesson plan.



**S1 Personal Profile**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Experiences and Outcomes Description and Codes** | **Assessment** | **Athletics** | **Badminton** | **Basketball** | **Fitness** | **Football** | **Gymnastics** | **Hockey** | Swimming |
| **Skills, movement and Competencies**  I am able to select and perform a wide range of skills in this activity with quality, accuracy and control. **(HWB 3-21a)**  I am developing my fitness. **(HWB 3-22a)** | **My**  **Assessment** |  |  |  |  |  |  |  |  |
| **Teachers Assessment** |  |  |  |  |  |  |  |  |

**After completing each activity, you will assess how well you think you have achieved the Skills, Movement and Competencies learning Experiences and Outcomes. Place the appropriate letters B, S or G in the column. Your teacher will then assess how well they think you have achieved each experience and outcome. Use the Key below: -**

**B = Bronze, I have struggled with this and still need help to develop this area**

**S = Silver, I am getting there, but still need more time to work on it**

**G = Gold, I have achieved this with a lot of success**

**S1 Pupil Profile - Next Steps/Targets**

|  |  |  |
| --- | --- | --- |
| **Activity** | **My Next Steps, Targets** | **Date** |
| **Athletics**  [See full size image](http://www.themadnews.com/wp-content/uploads/2010/11/Athletics.png) |  |  |
| **Badminton**  [See full size image](http://www.shuttlebusters.com/feathers.gif) |  |  |
| **Basketball**  ANd9GcQGKzG10HFWxP0ObLtpHBebdZld-UveAqoUnrgiKmrByP91eIYpBc00mvs |  |  |
| **Fitness**  [ANd9GcQeR53KuuviQv83bpVFeVLROHdX2wAxuwo_1-waSTd9UpWa91hPOyYGSXc](http://www.google.co.uk/imgres?imgurl=http://images.paraorkut.com/img/pics/images/s/set_of_dumbbells-13937.jpg&imgrefurl=http://www.graphicshunt.com/tags/1/dumbbells.htm&usg=__b1Ql6Z-2kmWXRuVpf8rDN1itx4g=&h=300&w=300&sz=10&hl=en&start=12&zoom=1&tbnid=uosLzkYQMdvHjM:&tbnh=116&tbnw=116&ei=IKl5TuGtCeXK0QX9goGoAQ&prev=/search?q%3Ddumbbells%26hl%3Den%26safe%3Dactive%26gbv%3D2%26tbm%3Disch&itbs=1) |  |  |
| **Football** |  |  |
| **Gymnastics**  [ANd9GcQW94XhTt72UNEgQS2UIDi8FmHS3ge8BDygCTlIMvdF29WU70ctjDzAuuL0og](http://www.google.co.uk/imgres?imgurl=http://www.engravefast.co.uk/ekmps/shops/gunnproducts/images/gymnastics.jpg&imgrefurl=http://www.engravefast.co.uk/gymnastics---gymnast-78-p.asp&usg=__nN1ciVxh1861L4Gl5j6-Zz_X0rY=&h=594&w=601&sz=27&hl=en&start=48&zoom=1&tbnid=YckKR8EDBFSv2M:&tbnh=133&tbnw=135&ei=yap5TvPEBKSn0QXWzLifAQ&prev=/search?q%3Dgymnastics%26start%3D40%26hl%3Den%26safe%3Dactive%26sa%3DN%26gbv%3D2%26tbm%3Disch&itbs=1) |  |  |
| **Hockey**  [See full size image](http://www.muqueemsports.com/media/catalog/product/cache/1/image/500x500/5e06319eda06f020e43594a9c230972d/1/5/15371_1.gif) |  |  |
| **Swimming**  [See full size image](http://1.bp.blogspot.com/_H4Ugui9yR_Q/TCP7DBKnIoI/AAAAAAAAAtc/Bfz6PCFSpmU/s320/swim.gif) |  |  |

Your targets need to be:

S- Specific They are personal to you/your activity/your ability

M – Measurable I have a record of my success, e.g. how many baskets scored

A – Achievable Set targets in small steps – make sure they are within your grasp

R – Realistic Is this going to be possible and worthwhile for you?

T – Timed By the end of the 6 week block I will be able to

Your overall grade