

PE Targets Year 8

Target	Link
Is lacking in organisation and commitment to PE as kit is an issue.	Ensure that you pack and prepare your kit bag the night before PE and Games so that you are prepared and equipped for the lesson with full Liverpool College kit including LC socks.
Is lacking in cardiovascular fitness.	Guidelines on how to lead a healthy active lifestyle are in the link below: https://www.healthykids.nsw.gov.au/parents-carers/5-ways-to-a-healthy-lifestyle.aspx
Is lacking in competency in competitive team based sports.	List of sporting clubs for you to join outside of school to improve your competency and fitness are in the links below: Rugby Union https://www.rugbyclubs.info/rugbyunionclubs.php/Merseyside/46/1/ Netball http://www.merseysidenetball.org.uk/junior-clubs.html Football http://www.findafootballteam.info/teamlist/?q=1&p=37&m=3-Merseyside Cricket https://www.yell.com/s/cricket+clubs-liverpool.html#
Is lacking in competency in competitive single sports (such as badminton, athletics, dance, tennis).	List of sporting clubs for you to join outside of school to improve your competency and fitness are in the links below: Gymnastics https://www.british-gymnastics.org/discover/clubs/liverpool Dance https://www.yelp.co.uk/search?cflt=dance_schools&find_loc=Liverpool%2C+Merseyside Swimming http://liverpoolpenguinsc.org.uk/ Athletics

	https://www.liverpoolharriers.co.uk/
Needs to engage more fully in the lessons to make the maximum progress.	
Lacks in the motivation to analyse and improve performance.	
Lacks in the ability to utilise the gym equipment to create a safe and effective workout.	If you require further guidance on how to use some of the sporting equipment in the Gym, please speak to a member of PE staff or Mr Murphy who co-ordinates the fitness suite.