

**Physical Education Year 7**

**BY THE END OF TERM 1**, students are expected to be able to compete the following in at least 1 activity area.

Scoring and Rules; identify who has won or lost a game using the appropriate scoring system. They should also be able to keep the correct score throughout and know how to restart the game correctly after a score has been made.

Physical and mental Capacity: students should be able to demonstrate the relevant components of fitness used as well as the basic skills. They should also attempt to apply these skills when performing. Students will be expected to identify at least 2 stages of a warm up and follow a demonstration accurately.

Reflective Learner-students can correct faults when given feedback from teacher and know 3 teaching points for most skills learned

Students work hard to demonstrate a good level of effort and resilience towards making progress by actively engaging in all practical activities.

**BY THE END OF TERM 2**, students are expected to be able to complete the following in more than 1 activity area

Scoring and rules: student is gaining confidence at scoring a game using the appropriate scoring system and know how to restart the game.

Physical and mental capacity: students can demonstrate the relevant components of fitness used in more than 1 activity area know how and when to apply the basic skills when performing. They should be able to identify the 3 stages of a warm up and follow demonstrations of stretches correctly, gaining confidence in naming the muscles being stretched.

Reflective learner: students can identify at least 1 area of strength and for improvement of own or others performance in more than one activity area and know 3 teaching points for the skills they have learned.

Students work hard to demonstrate a good level of effort and resilience towards making progress by actively engaging in all practical activities.

**BY THE END OF YEAR 7**, students are expected to be able to complete the following in all activity areas covered.

Scoring and rules: can keep correct score throughout the game in all activities covered and can keep score and explain decisions that have been made when officiating 1 activity with assistance, taking responsibility for officiating.

Physical and mental capacity: students can demonstrate the relevant components of fitness used in the different activity areas and try to understand the importance of these. they will demonstrate performance of all the basic skills in the different sports and know how and when to apply these when performing. students can select the appropriate skill to use in a given situation. Be able to show a partner suitable stretches for a warm up and self-check technique. Be able to name the major muscles that are stretched in a warm up.

Reflective learner: can suggest how to improve own performance in at least 1 activity area using their knowledge of teaching points correctly

Students work hard to demonstrate a good level of effort and resilience towards making progress by actively engaging in all practical activities.

**Physical Education Year 8**

**BY THE END OF TERM 1**, students are expected to be able to complete the following in all activity areas covered (unless specified).

Scoring and rules: they can explain some decisions that have been made when officiating in 1 activity. They are expected to try and officiate small scale competitions (eg 3v3) and whilst officiating they should communicate with some confidence

Physical and mental capacity-students can apply at least 2 of the relevant components of fitness used within the activity to improve performance. They must demonstrate at least 3 skills in each activity with some consistency, know how and when to select and apply tactics in at least 1 activity and attempt to apply basic tactics with some success in at least 2 activity areas. Students now have a broader knowledge of the theory behind PE and can identify the short-term effects of exercise

Reflective learner: students can now compare own or others performance to the perfect model with some support. Once they have evaluated their own performance, they should demonstrate improvements in their own performance in non-competitive situations.

Students consistently strive to maintain good levels of motivation throughout the lessons. They should act as a role model to their peers, as well as providing support and encouraging others regardless of their ability

**BY THE END OF TERM 2**, students are expected to be able to complete the following in all activity areas covered (unless specified)

Scoring and rules: Students should now with prompts be able to explain decisions that have been made by officials during games. They will communicate with more confidence when officiating in a range of roles and will feel confident to help officiate in competitive situations.

Physical and mental capacity: at this stage students should be able to improve their own/team performance by applying the relevant components of fitness to outperform others.

They will be consistently demonstrating a range of skills in each activity with some accuracy as well as starting to select and apply a variety of tactics in a range of activities with more success. Students can plan and lead a short warm up, consisting of a heart-raising activity and at least 4 static or dynamic stretches. They have knowledge of and can recognise and describe the short-term effects of exercise on the body

Reflective learner: students can independently improve performance using teaching points/perfect model in some activity areas and then can demonstrate improvements in their own performance in more competitive situations/ conditions ie small sided games. Students have the knowledge and confidence to adapt their performance around opponents' weakness to gain an advantage.

Students consistently strive to maintain good levels of motivation throughout the lessons. They should act as a role model to their peers, as well as providing support and encouraging others regardless of their ability

**BY THE END OF YEAR 8**, students are expected to be able to complete the following in all activity areas covered (unless specified)

Scoring and rules: can make accurate decisions when officiating in competitive games and activities. They can officiate in a range of roles /responsibilities in most activity areas. Can take a leadership role in activities that they have confidence, as a team captain / coach / official.

Physical and mental capacity: students can identify which component of fitness is dominant in a particular activity and explain their reasons. Can show they understand tactics and composition when performing, to respond to opponents' performance. Can take a leadership role in activities that they have confidence, as a team captain / coach / official. Can lead a warm up that is relevant and interesting for a small group and be able to explain in simple terms with a demonstration how to perform each section.

Reflective Learner: Students can use knowledge of teaching points and 'perfect model' to analyse performance of self and opponents. Students can then choose appropriate tactics to use with the aim of being successful in a competitive game. Students consistently strive to maintain good levels of motivation throughout the lessons. They should act as a role model to their peers, as well as providing support and encouraging others regardless of their ability.

**Physical Education Year 9**

**BY THE END OF TERM 1**, students are expected to be able to complete the following in all activity areas covered (unless specified)

Scoring and rules: Can take the role of official (scoring / timekeeping / linesman / umpire) in the activities that they feel most confident and can make decisions with an understanding of the rules. Can apply the rules when planning and implementing tactics particularly in team competitions.

Physical and mental capacity: Can use skills effectively to perform under pressure (eg a competitive situation) and attempt to use more advanced skills showing an attempt to respond to the tactics of an opponent or opposing team and play to win. They can lead a short warm up for a small group or pair, which includes heart-raising activity followed by at least 4 dynamic or static stretches for named muscle groups. Can confidently describe the short-term effects of exercise and identify at least 3 beneficial long-term effects of exercise in the context of a healthy active lifestyle.

Reflective Learner: Students are confident in their knowledge of teaching points and strategies to be able to self-assess performance of themselves and their team, discuss tactics with their team and decide on tactics, and attempt to use these within a competitive situation with the aim of being successful.

Students consistently apply good levels of effort in all PE lessons. They understand and demonstrate that success takes hard work and dedication. Students show a high degree of empathy towards their peers and show support and encouragement.

**BY THE END OF TERM 2**, students are expected to be able to complete the following in all activity areas covered (unless specified)

Scoring and rules: Know how to apply rules in the activities covered and can take the role of an official

Physical and mental capacity: Be proactive in employing tactics to be successful in competitive games, in addition to responding to opponents' tactics. Know suitable tactics that would be appropriate to use in order to be successful. They can plan and lead a more thorough warm up with suitable heart-raising activities and appropriate dynamic and static stretches for specific muscle groups that can be identified and named. Can describe short-term effects of exercise and begin to identify long-term effects of exercise in the context of how the body responds to training within a healthy active lifestyle.

Reflective Learner: can suggest ways to improve performance to others, particularly referring to appropriate tactics in a team competitive game. They can analyse and comment on skills and techniques used in their own and others' work.

Students consistently apply good levels of effort in all PE lessons. They understand and demonstrate that success takes hard work and dedication. Students show a high degree of empathy towards their peers and show support and encouragement.

**BY THE END OF TERM 3**, students are expected to be able to complete the following in all activity areas covered (unless specified)

Scoring and rules: can make accurate and confident decisions when officiating in full sided games and competitions. They can confidently officiate in a range of roles /responsibilities in most activity areas.

Physical and mental capacity: Can employ suitable tactics to counter opponents' performance and be successful in a competitive situation. Know a range of tactics that can be used even if they are not successful. Students are now developing leadership skills and can confidently and successfully lead others to success in some activities, by taking on the role of captain / leader / coach. Students can plan and lead a comprehensive warm up that prepares them for the specific activity which includes static and dynamic stretches for named muscles. They can discuss how sporting activity is an essential part of a healthy active lifestyle, identifying some positive long-term effects for the performer.

Reflective Learner: Students can consistently and independently use knowledge of teaching points and the 'perfect model' to analyse performance and performance of others. They can demonstrate improvements in their own performance in all challenging/ competitive situations. Can use knowledge of opponent's performance to adapt own and others play/performance to maximise success in a competitive game situation.

Students consistently apply good levels of effort in all PE lessons. They understand and demonstrate that success takes hard work and dedication. Students show a high degree of empathy towards their peers and show support and encouragement.