

PE Year 7	Developing health, fitness and problem solving	Using tactics and analysis to develop performance	Applying and developing technique
Developing	<ul style="list-style-type: none"> • I know being active is important to health. • I prefer to work with people I know and like support and guidance. • I know a few basic rules. • I can give benefits to exercise if asked. • I am aware of rules & can follow them most of the time. 	<ul style="list-style-type: none"> • I can react to situations with basic ideas/responses. • I understand simple strategies such as man-on-man marking or being on the attack but at the moment I cannot always perform these effectively. • I can follow basic principles of performance and make comments based on outcome – good, bad, right or wrong. • I need cues (such as key words) to give feedback. • I can apply simple, directed tactics and strategies in modified practices with support. • I can often only apply this if practised in isolation and repeated. • I can apply basic principles of performance (e.g. principles of attack/defence to win games/points) and I can identify strengths and weaknesses. • I am starting to include keywords in feedback. 	<ul style="list-style-type: none"> • I can link basic movement skills to make movements, actions and sequences however these are performed hesitantly and lack fluidity, control and efficiency. • I can recognise likeness in skills (subroutines) and sports that are similar e.g. pass in netball, handball and basketball. • I have a broader range of skills (running, jumping, throwing and catching). I can apply these to specific sports. My performance can be hesitant.
Securing	<ul style="list-style-type: none"> • I enjoy keeping active and fit (taking part in some extracurricular clubs). • I can outline multiple benefits of exercise. • I am fair in competition and I can apply a number of key rules/laws. • I actively participate all the time. • I know how to increase intensity. • I can state benefits of exercise and attribute them to physical or psychological factors. • I display knowledge of multiple rules. • I have potential to lead/captain. • I know when to listen/talk. 	<ul style="list-style-type: none"> • I can apply attack and defence tactics/strategies appropriate to the skill in modified practices/games. • I will sometimes need a prompt or recap from peers or teachers when using multiple tactics or applying to different game situations. • I use a selection of skills and tactics from small range and I can compare performance using key words and teaching points. • I actively make tactical decisions which have more influence in applied decisions. • I know how to win and respond with appropriate principles. • I am beginning to recognise strengths and weaknesses in performer's tactics and strategies. • I use keywords and movement language in feedback 	<ul style="list-style-type: none"> • I can use, link and modify less complex skills, applying a range of subroutines and techniques from other sports across a range of sports. • I have a broader range of specific skills that are used more consistently and are clearly linked to a particular activity i.e. shooting in netball vs shooting in basketball. • I can use key techniques across a range of sports e.g. spreading fingers (greater surface area) in rugby, volleyball and headstands. • I can perform a good range of skills with consistency and control. My performance sometimes breaks down under increased pressure and changing circumstances.
Extending	<ul style="list-style-type: none"> • I am very active in lessons • I regularly push myself to increase intensity. • I can state the benefits of exercise with reference to physiology and social factors. • I can demonstrate how to act/behave in different sports/situations. • I can lead a whole warm up in a small group or part of a warm up in a large group. • I listen attentively and have a positive impact on the progress of the class. • I can lead and/or captain. • I can set an example of how to interact kindly to others and show respect to all. • I have a secure knowledge of the rules and laws of the game which I can play fairly. • I can lead a group warm up with quality. 	<ul style="list-style-type: none"> • I make decisions focusing on taking advantage of opponent strengths and weaknesses and this is supported by consistent performance of skills. • I use imaginative use of principles to solve problems and overcome challenges. • I use keywords and movement language in feedback with confidence. • I play a pivotal role in performance. • My decisions are autonomous and varied. • My feedback is comprehensive. I detail technique advice and use movement language. • I positively affect individual/team performance • I can apply advanced tactics and strategies. • I can modify my performances in changing circumstances. 	<ul style="list-style-type: none"> • I can perform and link complex skills/techniques across a range of activities and situations. • I can perform a wide range of skills, refinement, precision, control and fluency. • I can successfully perform and link complex skills/techniques across a range of activities and situations with refinement, control, precision and fluency. • I can make performance look easy and my movements are efficient and effective.



PE Year 8	Developing health, fitness and problem solving	Using tactics and analysis to develop performance	Applying and developing technique
Developing	<ul style="list-style-type: none"> I enjoy keeping active and fit (taking part in some extracurricular clubs). I can outline multiple benefits of exercise. I am fair in competition and I can apply a number of key rules/laws. I actively participate all the time. I know how to increase intensity. I can state benefits of exercise and attribute them to physical or psychological factors. I display knowledge of multiple rules. I have potential to lead/captain. I know when to listen/talk. 	<ul style="list-style-type: none"> I can apply attack and defence tactics/strategies appropriate to the skill in modified practices/games. I will sometimes need a prompt or recap from peers or teachers when using multiple tactics or applying to different game situations. I use a selection of skills and tactics from small range and I can compare performance using key words and teaching points. I actively make tactical decisions which have more influence in applied decisions. I know how to win and respond with appropriate principles. I am beginning to recognise strengths and weaknesses in performer's tactics and strategies. I use keywords and movement language in feedback. 	<ul style="list-style-type: none"> I can use, link and modify less complex skills, applying a range of subroutines and techniques from other sports across a range of sports. I have a broader range of specific skills that are used more consistently and are clearly linked to a particular activity i.e. shooting in netball vs shooting in basketball. I can use key techniques across a range of sports e.g. spreading fingers (greater surface area) in rugby, volleyball and headstands. I can perform a good range of skills with consistency and control. My performance sometimes breaks down under increased pressure and changing circumstances.
Securing	<ul style="list-style-type: none"> I am very active in lessons I regularly push myself to increase intensity. I can state the benefits of exercise with reference to physiology and social factors. I can demonstrate how to act/behave in different sports/situations. I can lead a whole warm up in a small group or part of a warm up in a large group. I listen attentively and have a positive impact on the progress of the class. I can lead and/or captain. I can set an example of how to interact kindly to others and show respect to all. I have a secure knowledge of the rules and laws of the game which I can play fairly. 	<ul style="list-style-type: none"> I make decisions focusing on taking advantage of opponent strengths and weaknesses and this is supported by consistent performance of skills. I use imaginative use of principles to solve problems and overcome challenges. I use keywords and movement language in feedback with confidence. I play a pivotal role in performance. My decisions are autonomous and varied. My feedback is comprehensive. I detail technique advice and use movement language. I positively affect individual/team performance. I can apply advanced tactics and strategies most of the time with a good level of success. I can modify my performances in changing circumstances. 	<ul style="list-style-type: none"> I can perform and link complex skills/techniques across a range of activities and situations. I can perform a wide range of skills with refined control and fluency. I can successfully perform and link complex skills/techniques across a range of activities and situations with refinement, control, precision and fluency. I can make performance look easy and my movements are efficient and effective.
Extending	<ul style="list-style-type: none"> I am consistently very active in lessons and work hard to push myself to improve My intensity levels are consistently high and I ensure I'm fully focused on learning. I understand and can explain to others the benefits of exercise to the body as well as social and emotional positives. I am a leader in the group. I'm fully engaged in learning and get the best from myself. 	<ul style="list-style-type: none"> My skill level means that I can use multiple different types of strategy and creativeness to outwit opponents. My skill level is excellent. I can solve problems from attacking and defensive situations. I'm able to analyse the strengths and weaknesses of my team and the opponents to gain a positive outcome. My knowledge of the key words and terminology in different types of sport is excellent. I can use these to coach and help others to develop their performance. I'm a key player or performer in the class. I have a significant influence over the outcome of the performance. I can apply advanced tactics and evolve them to further improve performance. I can change the style of performance to suit the needs of myself or others. I am a strong influence on the team and have a strong individual performance. 	<ul style="list-style-type: none"> I can perform and coach complex skills/techniques across a range of activities and situations. My technique is developed for my age. I'm able to repeat technical skills accurately and control my movement. I'm able to link complex skills in both team games, individual games and creative performance based sports. I can move with efficiency, control, and fluency in all areas of sport. Technique and control allow me to dominate performance where appropriate.

