

Year 7

Physical Competence

Netball
Football
Gym

Personal Performance

Athletics

Problem Solving

OAA
S & F

Mindset

Tag Rugby
Tennis

Creative

Gymnastics

Fitness and Wellbeing

Fitness
Theory

BEGINNING

- Can perform a range of simple skills
- I can shadow my opponent in a practice situation / sequence.



BEGINNING

- Can concentrate on tasks independently
- Can begin to challenge themselves



BEGINNING

- Can understand simple instructions & begin to select the correct skill to use
- Can work as part of a team



BEGINNING

- Shows patience and supports others.
- Can work well with peers and play fairly.



BEGINNING

- Can respond differently to a variety of tasks
- Can select and use skills to answer a simple task.



BEGINNING

- Can identify simple reasons why they should warm up and cool down for exercise.
- Can briefly explain why taking part in exercise is good for your health.



DEVELOPING

- Can use a variety of skills with **some** co-ordination and control
- Can use the space during a practice situation / sequence



DEVELOPING

- Can cope with and react positively to less than perfect performance.
- Beginning to identify personal strengths and areas of improvement required.



DEVELOPING

- Can explain what they are doing and why
- Can identify areas of strength in their performance



DEVELOPING

- Can guide a small group through a task.
- Can co-operate well with others and give helpful feedback



DEVELOPING

- Can link actions and develop sequences of movements that express their own ideas.
- Can recognise similarities and differences in movements



DEVELOPING

- Can describe the short term effects of exercise on the body.
- Can explain why it is important to lead a balanced active healthy lifestyle.



SECURE

- Can link a range of skills together with **reasonable** control and some **consistency**
- Can work as part of a group or team



SECURE

- Prepared to perform in front of others even if less than confident in the activity.
- Shows a commitment to improve level of performance.



SECURE

- Can identify specific areas of weakness in the group to work upon
- Can consider others needs and strengths



SECURE

- Can help to organise roles and responsibilities.
- Can help the group to make decisions and communicate instructions effectively.



SECURE

- Can suggest creative ideas to make the task more interesting
- Performance accurately reflects the requirements of the task



SECURE

- Can perform in activities showing levels of fitness.
- Can explain why the body changes during exercise



EMBEDDING

- ❑ Can perform a range of skills with **SOME accuracy & effectiveness** in practice situations
- ❑ Can demonstrate good body control and awareness.

EMBEDDING

- ❑ Can alter and adapt techniques after evaluating performance
- ❑ Can persevere and improve their performance with practice

EMBEDDING

- ❑ Can offer ideas and suggestions to the group.
- ❑ Can make good decisions depending on what is going on around them.

EMBEDDING

- ❑ Can give and receive sensitive feedback to improve own and others performance.
- ❑ Can negotiate and collaborate with others in the team

EMBEDDING

- ❑ Can adapt tasks to make the response more challenging.
- ❑ Can show expression to the audience

EMBEDDING

- ❑ Can undertake fitness tests and explain which component is being assessed.
- ❑ Able to link different components of fitness to a variety of sports/athletes.

❑ EXTENDING

- ❑ Can perform a variety of skills **fluently and accurately** during a performance.
- ❑ Can show spatial awareness

❑ EXTENDING

- ❑ Able to set appropriate targets to ensure progress and improvement
- ❑ Can remain positive and focussed when activity becomes difficult.

❑ EXTENDING

- ❑ Can develop ideas and strategies in order to beat the other teams.
- ❑ Can read and react to different tasks/problems given.

❑ EXTENDING

- ❑ Can **lead** a small group through a task and make adaptations where necessary.
- ❑ Can motivate those around them to perform better

EXTENDING

- ❑ .Can adapt and adjust skills and movements so they are different from or in contrast to others.
- ❑ Can respond imaginatively to different situations.

EXTENDING

- ❑ Can design and follow a general fitness exercise programme..
- ❑ Can perform in activities showing above average levels of fitness.

❑ EXCELLING

- ❑ Can replicate a range of skills/techniques **consistently and effectively in a practise situation.**
- ❑ Can effectively make adjustments to techniques when required.

❑ EXCELLING

- ❑ Regularly practise the event/position and is determined to improve.
- ❑ Can create a plan to improve levels of performance, making adjustments when necessary.

EXCELLING

- ❑ Can review, analyse and evaluate their own and others' strengths and weaknesses in the group.
- ❑ Can solve complex problems and explain how they did it.

EXCELLING

- ❑ Can work effectively with others and contribute to decisions effectively.
- ❑ Can lead teams/groups and question them appropriately.

EXCELLING

- ❑ Can add own personal expression to a sequence.
- ❑ Can use variety and creativity to engage an audience.

❑ EXCELLING

- ❑ Can explain the long term effects & benefits of health and fitness.
- ❑ Can name most of the main bones and muscles in the body.