

	Working towards Y7 Expected standards	Y7 Expected Standards	Y8 Expected Standards	Y9 Expected Standards	Working above Y9 Expected Standards	Working well above Y9 Expected Standards
<b>PERFORMANCE</b> Skills, techniques and ideas	I perform a <i>limited</i> range of skills, techniques and ideas to a basic level with some success/accuracy in a practice situation	I perform a range of <i>basic</i> skills, techniques and ideas with <i>some success</i> in practice or conditioned competition  I am beginning to show more accuracy and control	I perform a range of <i>basic</i> skills, techniques and ideas to a <i>good</i> standard with success in practice and competition  I show accuracy, control and fluency in some sports	I can perform a range of <i>basic and complex</i> skills, techniques and ideas to a <i>good</i> standard in a range of activities and environments  I show more consistent accuracy, control and fluency in a range of sports	I <i>consistently</i> perform a range of <i>basic and complex</i> skills, techniques and ideas in a <i>wide</i> range of activities and environments  I perform with consistent precision, control and fluency in most activities	I <i>consistently</i> perform a <i>full</i> range of <i>complex</i> skills, techniques and ideas across the curriculum  I perform with consistent precision, control, fluency, originality and flair
<b>DECISION MAKING</b> Tactics and strategies	I have <i>limited</i> understanding of strategies, tactics and compositional ideas  I make <i>limited</i> decisions in a practice situation	I use <i>basic</i> strategies, tactics and compositional ideas in a <i>simple</i> situation or conditioned environment  I can make <i>simple</i> decisions when faced with a problem	I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance  I can offer a range of solutions to problems	I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses  I can offer a range of solutions to more challenging problems	I <i>apply and adapt advanced</i> strategies, tactics and compositional ideas in my own and others' work  I can offer a <i>range of effective</i> solutions to challenging problems	I can <i>consistently</i> apply and adapt <i>advanced</i> strategies, tactics or compositional ideas with originality, proficiency and flair in their own and others' work  I make imaginative and original decisions which positively affect performances
<b>COACHING</b> Analysis and evaluation	I may need help when giving feedback  I can compare performances and make comments on whether it's 'good' or not	I can identify strengths and weaknesses in my own and others' work  I describe the skills I'm observing and say what makes them 'good' and how they could improve	I can observe and comment on skills, techniques and ideas and how these are applied in my own and others' work.  When suggesting ways to improve I use key words.	I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work.  I can suggest appropriate ways to improve using the correct terminology and teaching points	I can analyse and comment on my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance  I can plan and implement effective ways to improve my own and others' performance	I can critically evaluate my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance  I can plan, implement and monitor highly effective ways to improve my own and others' performance
<b>LEADERSHIP</b> Team work and officiating	I work with others/my teacher to plan or deliver part of a warm-up  I have limited knowledge of rules	I work with others to plan and/or lead a simple practice or warm-up for myself and others  I have basic knowledge of the rules in some sports  I have experienced the role of official, choreographer etc.	I work with others to plan, organise and lead effective practices and activities safely  I have basic knowledge and understanding of the rules in a range of sports I have experienced the role of official, choreographer etc. with some confidence	I can plan, organise and lead effective and relevant practices and activities safely  I have a good knowledge and understanding of the rules in a range of sports I am confident in the role of official, choreographer etc. in at least one sport	I take on different roles within an activity, showing an ability to organise and communicate effectively  I apply rules fairly and consistently	I take on different roles within an activity, showing an ability to organise and communicate effectively. Others improve because of my leadership  I have extensive knowledge and understanding of the rules and apply them fairly and consistently
<b>CHARACTER</b> Sportsmanship and attitude	PASSIVE I listen to others, follow rules and know effort is important in PE	ENGAGED I bring the correct kit to lessons I know when to listen and talk I answer questions when asked I help with equipment I have a positive approach	PROACTIVE I work well within a group/team I often volunteer answers and want to demonstrate I help others in need I show a desire to improve I am gracious in defeat	DETERMINED I stay focused on a task and enjoy learning I want to achieve and succeed I want to help others improve and I learn from them	PERSISTENT I set a positive example to others I try again in the face of failure I love a challenge I show captain potential and great sportsmanship	RESIL I show no falter in failure and do not give up when faced with a challenge I am a positive role model in all situations
<b>HEALTH &amp; FITNESS</b> Healthy, active lifestyle and life-long participation	I regularly participate in PE lessons  I know why we warm-up	I can describe how exercise affects my body and why it is good for me  I can name some major muscle groups and show appropriate stretches  I have attended an extra-curricular PE club and/or participate in out of school PA or sport	I can adapt a warm-up to suit the needs of an activity  I can name and describe some components of fitness, the associated tests and link this to sports performance I regularly attend an extra-curricular PE club and participate in out of school PA or sport	I can explain how heart rate reacts during different types of activity  I can name and describe some methods of training and give sporting athletes who may use each method I demonstrate a commitment to PA or sport both in School and out of school	I can explain the benefits of regular physical activity on physical, mental and social wellbeing I can carry out my own physical activity programme  I demonstrate a continued commitment to PA or sport both in School and out of school I specialise in an activity and compete at club standard	I can analyse fitness results and know how to improve  I consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work. I demonstrate a continued commitment to high quality PA or sport both in School and out of school I compete to a county, regional or national standard

	Working towards Y7 Expected standards	Y7 Expected Standards <b>*MEETING*</b>	Working above Y7 Expected Standards	Working well above Y7 Expected Standards
<b>PERFORMANCE</b> Skills, techniques and ideas	I perform a <i>limited</i> range of skills, techniques and ideas to a basic level with some success/accuracy in a practice situation	I perform a range of <i>basic</i> skills, techniques and ideas with <i>some success</i> in practice or conditioned competition  I am beginning to show more accuracy and control	I perform a range of <i>basic</i> skills, techniques and ideas to a <i>good</i> standard with success in practice and competition  I show accuracy, control and fluency in some sports	I can perform a range of <i>basic</i> and <i>complex</i> skills, techniques and ideas to a <i>good</i> standard in a range of activities and environments I show more consistent accuracy, control and fluency in a range of sports
<b>DECISION MAKING</b> Tactics and strategies	I have <i>limited</i> understanding of strategies, tactics and compositional ideas  I make <i>limited</i> decisions in a practice situation	I use <i>basic</i> strategies, tactics and compositional ideas in a <i>simple</i> situation or conditioned environment  I can make <i>simple</i> decisions when faced with a problem	I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance I can offer a range of solutions to problems	I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses  I can offer a range of solutions to more challenging problems
<b>COACHING</b> Analysis and evaluation	I may need help when giving feedback  I can compare performances and make comments on whether it's 'good' or not	I can identify strengths and weaknesses in my own and others' work  I describe the skills I'm observing and say what makes them 'good' and how they could improve	I can observe and comment on skills, techniques and ideas and how these are applied in my own and others' work.  When suggesting ways to improve I use key words.	I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work.  I can suggest appropriate ways to improve using the correct terminology and teaching points
<b>LEADERSHIP</b> Team work and officiating	I work with others/my teacher to plan or deliver part of a warm-up  I have limited knowledge of rules	I work with others to plan and/or lead a simple practice or warm-up for myself and others  I have basic knowledge of the rules in some sports  I have experienced the role of official, choreographer etc.	I work with others to plan, organise and lead effective practices and activities safely  I have basic knowledge and understanding of the rules in a range of sports I have experienced the role of official, choreographer etc. with some confidence	I can plan, organise and lead effective and relevant practices and activities safely  I have a good knowledge and understanding of the rules in a range of sports I am confident in the role of official, choreographer etc. in at least one sport
<b>CHARACTER</b> Sportsmanship and attitude	PASSIVE I listen to others, follow rules and know effort is important in PE	ENGAGED I bring the correct kit to lessons I know when to listen and talk I answer questions when asked I help with equipment I have a positive approach	PROACTIVE I work well within a group/team I often volunteer answers and want to demonstrate I help others in need I show a desire to improve I am gracious in defeat	DETERMINED I stay focused on a task and enjoy learning I want to achieve and succeed I want to help others improve and I learn from them
<b>HEALTH &amp; FITNESS</b> Healthy, active lifestyle and life-long participation	I regularly participate in PE lessons  I know why we warm-up	I can describe how exercise affects my body and why it is good for me  I can name some major muscle groups and show appropriate stretches  I have attended an extra-curricular PE club and/or participate in out of school PA or sport	I can adapt a warm-up to suit the needs of an activity  I can name and describe some components of fitness, the associated tests and link this to sports performance I regularly attend an extra-curricular PE club and participate in out of school PA or sport	I can explain how heart rate reacts during different types of activity  I can name and describe some methods of training and give sporting athletes who may use each method I demonstrate a commitment to PA or sport both in School and out of school

	Working towards Y8 Expected standards	Y8 Expected Standards <b>*MEETING*</b>	Working above Y8 Expected Standards	Working well above Y8 Expected Standards
<b>PERFORMANCE</b> Skills, techniques and ideas	I perform a range of <i>basic</i> skills, techniques and ideas with <i>some success</i> in practice or conditioned competition  I am beginning to show more accuracy and control	I perform a range of <i>basic</i> skills, techniques and ideas to a <i>good</i> standard with success in practice and competition  I show accuracy, control and fluency in some sports	I can perform a range of <i>basic</i> and <i>complex</i> skills, techniques and ideas to a <i>good</i> standard in a range of activities and environments I show more consistent accuracy, control and fluency in a range of sports	I <i>consistently</i> perform a range of <i>basic</i> and <i>complex</i> skills, techniques and ideas in a <i>wide</i> range of activities and environments  I perform with consistent precision, control and fluency in most activities
<b>DECISION MAKING</b> Tactics and strategies	I use <i>basic</i> strategies, tactics and compositional ideas in a <i>simple</i> situation or conditioned environment  I can make <i>simple</i> decisions when faced with a problem	I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance I can offer a range of solutions to problems	I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses  I can offer a range of solutions to more challenging problems	I <i>apply</i> and <i>adapt advanced</i> strategies, tactics and compositional ideas in my own and others' work  I can offer a <i>range of effective</i> solutions to challenging problems
<b>COACHING</b> Analysis and evaluation	I can identify strengths and weaknesses in my own and others' work  I describe the skills I'm observing and say what makes them 'good' and how they could improve	I can observe and comment on skills, techniques and ideas and how these are applied in my own and others' work.  When suggesting ways to improve I use key words.	I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work.  I can suggest appropriate ways to improve using the correct terminology and teaching points	I can analyse and comment on my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance  I can plan and implement effective ways to improve my own and others' performance
<b>LEADERSHIP</b> Team work and officiating	I work with others to plan and/or lead a simple practice or warm-up for myself and others  I have basic knowledge of the rules in some sports  I have experienced the role of official, choreographer etc.	I work with others to plan, organise and lead effective practices and activities safely  I have basic knowledge and understanding of the rules in a range of sports I have experienced the role of official, choreographer etc. with some confidence	I can plan, organise and lead effective and relevant practices and activities safely  I have a good knowledge and understanding of the rules in a range of sports I am confident in the role of official, choreographer etc. in at least one sport	I take on different roles within an activity, showing an ability to organise and communicate effectively  I apply rules fairly and consistently
<b>CHARACTER</b> Sportsmanship and attitude	ENGAGED I bring the correct kit to lessons I know when to listen and talk I answer questions when asked I help with equipment I have a positive approach	PROACTIVE I work well within a group/team I often volunteer answers and want to demonstrate I help others in need I show a desire to improve I am gracious in defeat	DETERMINED I stay focused on a task and enjoy learning I want to achieve and succeed I want to help others improve and I learn from them	PERSISTENT I set a positive example to others I try again in the face of failure I love a challenge I show captain potential and great sportsmanship
<b>HEALTH &amp; FITNESS</b> Healthy, active lifestyle and life-long participation	I can describe how exercise affects my body and why it is good for me  I can name some major muscle groups and show appropriate stretches  I have attended an extra-curricular PE club and/or participate in out of school PA or sport	I can adapt a warm-up to suit the needs of an activity  I can name and describe some components of fitness, the associated tests and link this to sports performance I regularly attend an extra-curricular PE club and participate in out of school PA or sport	I can explain how heart rate reacts during different types of activity  I can name and describe some methods of training and give sporting athletes who may use each method I demonstrate a commitment to PA or sport both in School and out of school	I can explain the benefits of regular physical activity on physical, mental and social wellbeing I can carry out my own physical activity programme  I demonstrate a continued commitment to PA or sport both in School and out of school I specialise in an activity and compete at club standard

	Working towards Y9 Expected standards	Y9 Expected Standards <b>*MEETING*</b>	Working above Y9 Expected Standards	Working well above Y9 Expected Standards
<b>PERFORMANCE</b> Skills, techniques and ideas	I perform a range of <i>basic</i> skills, techniques and ideas to a <i>good</i> standard with success in practice and competition  I show accuracy, control and fluency in some sports	I can perform a range of <i>basic</i> and <i>complex</i> skills, techniques and ideas to a <i>good</i> standard in a range of activities and environments I show more consistent accuracy, control and fluency in a range of sports	I <i>consistently</i> perform a range of <i>basic</i> and <i>complex</i> skills, techniques and ideas in a <i>wide</i> range of activities and environments  I perform with consistent precision, control and fluency in most activities	I <i>consistently</i> perform a <i>full</i> range of <i>complex</i> skills, techniques and ideas across the curriculum  I perform with consistent precision, control, fluency, originality and flair
<b>DECISION MAKING</b> Tactics and strategies	I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance I can offer a range of solutions to problems	I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses  I can offer a range of solutions to more challenging problems	I <i>apply</i> and <i>adapt advanced</i> strategies, tactics and compositional ideas in my own and others' work  I can offer a <i>range of effective</i> solutions to challenging problems	I can <i>consistently</i> apply and adapt <i>advanced</i> strategies, tactics or compositional ideas with originality, proficiency and flair in their own and others' work I make imaginative and original decisions which positively affect performances
<b>COACHING</b> Analysis and evaluation	I can observe and comment on skills, techniques and ideas and how these are applied in my own and others' work.  When suggesting ways to improve I use key words.	I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work.  I can suggest appropriate ways to improve using the <b>correct terminology and teaching points</b>	I can analyse and comment on my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance  I can plan and implement effective ways to improve my own and others' performance	I can critically evaluate my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance  I can plan, implement and monitor highly effective ways to improve my own and others' performance
<b>LEADERSHIP</b> Team work and officiating	I work with others to plan, organise and lead effective practices and activities safely  I have basic knowledge and understanding of the rules in a range of sports I have experienced the role of official, choreographer etc. with some confidence	I can plan, organise and lead effective and relevant practices and activities safely  I have a good knowledge and understanding of the rules in a range of sports I am confident in the role of official, choreographer etc. in at least one sport	I take on different roles within an activity, showing an ability to organise and communicate effectively  I apply rules fairly and consistently	I take on different roles within an activity, showing an ability to organise and communicate effectively. Others improve because of my leadership I have extensive knowledge and understanding of the rules and apply them fairly and consistently
<b>CHARACTER</b> Sportsmanship and attitude	<b>PROACTIVE</b> I work well within a group/team I often volunteer answers and want to demonstrate I help others in need I show a desire to improve I am gracious in defeat	<b>DETERMINED</b> I stay focused on a task and enjoy learning I want to achieve and succeed I want to help others improve and I learn from them	<b>PERSISTENT</b> I set a positive example to others I try again in the face of failure I love a challenge I show captain potential and great sportsmanship	<b>RESIL</b> I show no falter in failure and do not give up when faced with a challenge I am a positive role model in all situations
<b>HEALTH &amp; FITNESS</b> Healthy, active lifestyle and life-long participation	I can adapt a warm-up to suit the needs of an activity  I can name and describe some components of fitness, the associated tests and link this to sports performance I regularly attend an extra-curricular PE club and participate in out of school PA or sport	I can explain how heart rate reacts during different types of activity  I can name and describe some methods of training and give sporting athletes who may use each method I demonstrate a commitment to PA or sport both in School and out of school	I can explain the benefits of regular physical activity on physical, mental and social wellbeing I can carry out my own physical activity programme  I demonstrate a continued commitment to PA or sport both in School and out of school I specialise in an activity and compete at club standard	I can analyse fitness results and know how to improve  I consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work. I demonstrate a continued commitment to high quality PA or sport both in School and out of school I compete to a county, regional or national standard