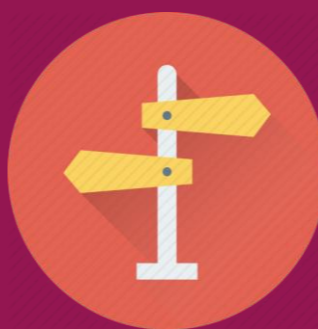
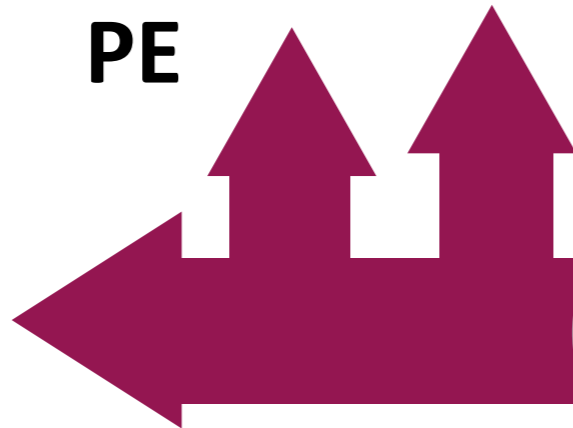


THE JOURNEY OF LEARNING



Practical performance in PE



Lifelong participation

Combines advanced skills and techniques in a range of situations with a high level of control and accuracy. Changes skills to suit different situations, having an influential effect on competitive situations. Promote active and healthy lifestyle habits.

Know the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. Lead and officiate matches showing a good understanding of the rules. Know the technical and tactical demands of performance.

Inspire others to participate and progress in sporting activity. Respected and respectful, and have developed positive working relationships with staff and peers.

Year 11

Be a positive role model, demonstrating commitment. Respected and respectful, and have developed positive working relationships with staff and peers.

Know short and long-term effects of exercise on physical, mental and social wellbeing. Apply knowledge of rules and tactics in a variety of different sports. Know how skills and tactics could improve the quality of performance.

Perform more complex skills with control, accuracy and fluency. Changes tactics and strategies to suit changing situations and evaluate the impact. Promote active and healthy lifestyle habits.

Embrace challenges, resilient to setbacks and always give 100%. Demonstrate empathy and respect for peers and can support and motivate them to improve performance.

Perform more complex skills with control and accuracy. Changes tactics, strategies and skills to suit changing competitive situations. Develop understanding of how to improve fitness and health

Year 10

Year 9

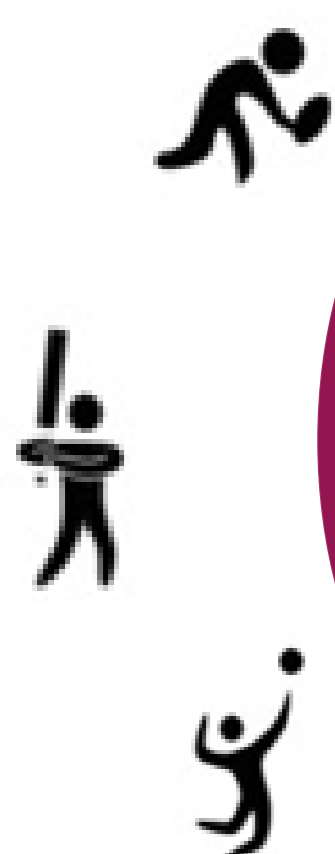
Know how the body adapts and benefits from regular exercise. Know tactics in a range of sporting activities. Have good knowledge of skills and techniques and understand how this improves my own and others practical performance.

Give 100% effort to every activity and are often resilient when faced with challenging tasks. Demonstrate empathy and respect for peers.

Applies fundamental skills and tactics to different activities. Demonstrates simple skills in competitive situations with control and accuracy. Improving general fitness levels so they can work for sustained periods of time.

Know the benefits for taking part in regular physical activity. Know some skills and rules in some sports. Know techniques, helping me to improve my own and others practical performance.

Year 8



Be hard working and eagerly accept challenges. Develop respectful relationships with peers.

Demonstrates skills and movements independently. Demonstrates simple skills in competitive situations. Beginning to improve their general levels of fitness.

Know how the body reacts during exercise. Know some skills and rules in some sports. Begin to have some understanding of techniques in different sporting activities.

Year 7

