

Yr 7 Expectations	Reporting	Yr 8 Expectations	Reporting	Yr 9 Expectations	Reporting	Assessment Objective Skill, Technique and Communication  ...applying skills, techniques and the ability to communicate effectively within physical activity.	Assessment Objective Health and Fitness  ... Understanding the benefits of health through regular exercise. To be able to safely perform a variety of training methods.	Assessment Objective Analysis of Performance  ...evaluate performance and effectively feedback, understanding of rules tactics and strategies in performance
				Mastered	Well Above Expectations	perform and apply wide variety of appropriate skills, techniques and ideas, consistently and successfully showing accuracy, fluency and control <ul style="list-style-type: none"> <li>• make decisions to effectively address and respond solutions in challenging environment, planning and developing how to approach new or changing situations</li> <li>• use communication to promote respect, fairness and sportsmanship in all activities</li> <li>• to take leadership roles to improve practical performance and understanding</li> </ul>	<ul style="list-style-type: none"> <li>• can perform and monitor own training programme</li> <li>• can relate fitness and training to own performance</li> <li>• Can explain the importance of rest and recovery in training program</li> <li>• performs 1 or more fitness test to exceptional level</li> <li>• can lead others in fitness session • performs circuit training with outstanding level of technique and intensity.</li> <li>• Targets specific training methods to components of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>• can analyse good performances highlighting strengths and weaknesses with excellent knowledge of the model performance.</li> <li>• can explain in detail large and fine refinements that will positively impact performance.</li> <li>• can plan practices for themselves and others that will address weaknesses.</li> <li>• has a good understanding of positional roles and responsibilities and can highlight areas of improvements.</li> <li>• ...understands the majority of rules and regulations and can explain why actions are taken.</li> </ul>
		Mastered	Well Above Expectations	Extended	Above Expectations	<ul style="list-style-type: none"> <li>• perform and apply a vast range of appropriate skills, techniques and ideas, showing accuracy, fluency and control.</li> <li>• make decisions to address solutions to challenges in a challenging environment</li> <li>• use communication to organise and communicate effectively in a range of challenging settings</li> </ul>	can describe short and long term effects of exercise <ul style="list-style-type: none"> <li>• performs 1 or more fitness test to high level</li> <li>• understands the difference between aerobic and anaerobic training</li> <li>• performs circuit training with high levels of technique</li> </ul>	<ul style="list-style-type: none"> <li>• can effectively analyse performance and accurately explain the impact of technique is having on the outcomes.</li> <li>• offers good refinements to general and fine technical elements of performance.</li> <li>• can identify the most significant areas of improvement and explains corrections in detail</li> <li>• understands a variety of tactics and strategies in performances.</li> <li>• ...can effectively suggest tactical changes that will have an impact on performance.</li> </ul>
Mastered	Well Above Expectations	Extended	Above Expectations	Secure	Meeting Expectations	<ul style="list-style-type: none"> <li>• perform and apply a good range of appropriate skills, techniques and ideas in some challenging and competitive activities, showing accuracy, fluency and control.</li> <li>• make decisions about how to plan and approach performance, enabling me to respond to new or changing situations</li> <li>• use communication maturely and consistently in range of sporting situations.</li> </ul>	<ul style="list-style-type: none"> <li>• can explain training for Cardiovascular system and benefits of cardiovascular training to a performer</li> <li>• performs training methods (circuit training with good level of technique and intensity)</li> <li>• performs 1 or more fitness test to good level</li> <li>• Can name main components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• can effectively analyse and comment on their own and others performances displaying good knowledge of the desired outcome.</li> <li>• can offer some detailed improvements to positively affect performance.</li> <li>• begin to suggest plans and practices that would improve quality of individual or teams performance.</li> <li>• good understanding of the rules and when to apply them.</li> <li>• can explain a variety of roles and responsibilities with in team sport.</li> </ul>

Extended	Above Expectations	Secure	Meeting Expectations	Approaching	Below Expectations	<ul style="list-style-type: none"> <li>perform appropriate skills and techniques, with increased accuracy, fluency and control in a range of competitive sporting situations</li> <li>make decisions about how to plan and approach performance</li> <li>use communication, as well as team work, to begin to improve performance, using sporting knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>can explain basic workings of CV system</li> <li>performs circuit training independently with good level of technique or intensity</li> <li>can lead small group in 3 stages of warm up and explain its importance.</li> <li>Can identify some of the components of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>can accurately highlight key strengths and weakness of performer using correct terminology.</li> <li>has some understanding of the perfect model to compare performance too.</li> <li>can identify team's basic tactics and identify weaknesses to exploit.</li> <li>can explain roles and responsibilities and performers using the correct terminology</li> </ul>
Secure	Meeting Expectations	Approaching	Below Expectations	Developing	Below Expectations	<ul style="list-style-type: none"> <li>perform appropriate skills and techniques, with accuracy, fluency and control in some competitive sporting situations</li> <li>make decisions and show a developed understanding of spatial awareness</li> <li>use communication to promote ideas and incorporate ideas through team work</li> </ul>	<ul style="list-style-type: none"> <li>can lead small group in part of warm up</li> <li>can name some of main muscle groups</li> <li>can exercise 4...5 mins. without stopping</li> <li>can carry out simple training session in fitness room</li> <li>understands order of exercises in circuit</li> <li>can explain why heart rate and breathing rate increase during exercise</li> </ul>	<ul style="list-style-type: none"> <li>can identify strengths and weaknesses or their own and others performance and begin to use correct terminology.</li> <li>can explain some simple factors which may affect performance.</li> <li>can identify and suggest simple changes and refinements that would improve performances.</li> <li>can explain why simple officiating decisions are made.</li> <li>can explain some simple tactics of performances and their advantages.</li> </ul>
Approaching	Below Expectations	Developing	Below Expectations	Beginning	Well Below Expectations	<ul style="list-style-type: none"> <li>perform a range of skills and techniques, showing an increase in accuracy, fluency and control in sporting situations</li> <li>make decisions and show an understanding of simple tactics in game play</li> <li>use communication to promote ideas and develop team work</li> </ul>	<ul style="list-style-type: none"> <li>can perform teacher led warm up independently</li> <li>can describe some benefits of exercise</li> <li>can perform circuit with occasional help from teacher/other students</li> </ul>	<ul style="list-style-type: none"> <li>provides basic assessment of their own and others performance.</li> <li>accurately identify major strengths and weakness.</li> <li>can suggest some general ways to improve performance but lacks technical understanding.</li> <li>Can comment on some of the roles and responsibilities of positions, but lacking detail.</li> <li>understands basic rules of activities and can apply in games/events.</li> </ul>
Developing	Below Expectations	Beginning	Well Below Expectations			<ul style="list-style-type: none"> <li>perform some skills and techniques with some accuracy and control in some challenging activities</li> <li>make simple decisions in a practice and game environment</li> <li>use communication in a sporting context to inform decisions</li> </ul>	<ul style="list-style-type: none"> <li>can exercise for 2...3 minutes without stopping</li> <li>can describe one effect of exercise on the body</li> <li>can use resistance machines or perform some of circuit with assistance</li> <li>can name 1 positive and 1 negative contributor to healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>can assess own and others performance identifying stand out strengths and weaknesses but may not be accurate</li> <li>can assess basic techniques in performance using simple statements.</li> <li>rarely suggests some ways to improve performance.</li> <li>understand there are positions roles within team sports but unable to explain responsibilities.</li> </ul>
Beginning	Well Below Expectations					<ul style="list-style-type: none"> <li>perform some skills and techniques, with limited control</li> <li>make simple decisions in a practice environment</li> <li>use communication in a sporting context</li> </ul>	<ul style="list-style-type: none"> <li>Can describe in simple terms 1 effect of exercise on the body</li> <li>can perform part of warm up with assistance</li> <li>can safely use CV machines</li> <li>able to perform some exercises with reasonable technique</li> </ul>	<ul style="list-style-type: none"> <li>can identify a few strengths and weakness of performance using very simple statements.</li> <li>understands a few key rules but unable to apply them in practice or game environment.</li> <li>makes basic comments when evaluating performance.</li> <li>understands attack needs to move forwards or defence moving backward</li> </ul>