


























Core PE



























Year 7	Acquiring	Developing	Securing	Mastering
Football	<p> Demonstrates limited knowledge and understanding of aerobic and anaerobic endurance and cannot define either.</p> <p> Does not work well as part of a team and shows a lack of empathy and respect for others.</p> <p> Struggle to perform fundamental skills demonstrating a lack of control.</p>	<p> Demonstrates sound knowledge and can define each aerobic and anaerobic endurance but has limited understanding of how to develop each type.</p> <p> Can work as part of a team and shows some empathy and respect for others.</p> <p> Can perform fundamental skills with control and accuracy.</p>	<p> Can define aerobic and anaerobic endurance and explain how to develop each type of endurance.</p> <p> Works well as part of a team helping to problem solve as well as, showing empathy and respect for others.</p> <p> Can perform more complex skills in a competitive situation with control, accuracy and fluency.</p>	<p> Can define aerobic and anaerobic endurance along with the benefits, and can confidently explain methods to develop each type of endurance and link to the sport.</p> <p> Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals.</p> <p> Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.</p>
Basketball	<p> Struggle to identify any bones or muscles and cannot measure maximum heart rate.</p> <p> Join KS3 showing minimal effort and determination to improve fitness levels.</p> <p> Struggle to perform fundamental skills demonstrating a lack of control.</p>	<p> Can identify some major bones and muscles and understand how to measure maximum heart rate.</p> <p> Join KS3 enjoying PE showing some effort and determination to improve fitness levels.</p> <p> Can perform fundamental skills with control and accuracy.</p>	<p> Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate.</p> <p> Join KS3 with a passion for PE showing good effort and determination to improve fitness levels.</p> <p> Can perform more complex skills in a competitive situation with control, accuracy and fluency.</p>	<p> Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.</p> <p> Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels.</p> <p> Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.</p>













Year 7	Acquiring	Developing	Securing	Mastering
Gymnastics	<ul style="list-style-type: none">  Demonstrates limited knowledge and feedback is insufficient.  Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles.  Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting personal best. 	<ul style="list-style-type: none">  Demonstrates limited knowledge and can identify some strengths in performance. This is communicated to peers.  Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase.  Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best. 	<ul style="list-style-type: none">  Demonstrates good knowledge and can identify some strengths and weaknesses. Feedback is effective.  Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns.  Can accurately replicate more advanced movements showing good control aiming towards achieving personal best. 	<ul style="list-style-type: none">  Demonstrates excellent knowledge when identifying strengths and weaknesses and feedback is detailed. Peer performance is improved as a result.  Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern.  Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.
Rugby	<ul style="list-style-type: none">  Struggle to identify any bones or muscles and cannot measure maximum heart rate.  Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles.  Struggle to perform techniques and apply tactics during competitive tasks. 	<ul style="list-style-type: none">  Can identify some major bones and muscles and understand how to measure maximum heart rate.  Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase.  Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems. 	<ul style="list-style-type: none">  Can identify most of the major bones and muscles and can consistently and accurately. measure maximum heart rate  Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns.  Can regularly perform techniques and apply tactics during competitive tasks to overcome problems. 	<ul style="list-style-type: none">  Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.  Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern.  Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.

Year 7	Acquiring	Developing	Securing	Mastering
Orienteering	<p> Struggle to identify any bones or muscles and cannot measure maximum heart rate.</p> <p> Does not work well as part of a team and shows a lack of empathy and respect for others</p> <p> Struggle to perform techniques and apply tactics during competitive tasks.</p>	<p> Can identify some major bones and muscles and understand how to measure maximum heart rate.</p> <p> Can work as part of a team and shows some empathy and respect for others.</p> <p> Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate.</p> <p> Works well as part of a team helping to problem solve as well as, showing empathy and respect for others.</p> <p> Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.</p> <p> Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals.</p> <p> Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.</p>
Swimming	<p> Demonstrates limited knowledge and understanding of aerobic and anaerobic endurance and cannot define either.</p> <p> Join KS3 showing minimal effort and determination to improve fitness levels.</p> <p> Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting personal best.</p>	<p> Demonstrates sound knowledge and can define each aerobic and anaerobic endurance but has limited understanding of how to develop each type.</p> <p> Join KS3 enjoying PE showing some effort and determination to improve fitness levels.</p> <p> Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best.</p>	<p> Can define aerobic and anaerobic endurance and explain how to develop each type of endurance.</p> <p> Join KS3 with a passion for PE showing good effort and determination to improve fitness levels.</p> <p> Can accurately replicate more advanced movements showing good control aiming towards achieving personal best.</p>	<p> Can define aerobic and anaerobic endurance along with the benefits, and can confidently explain methods to develop each type of endurance and link to the sport.</p> <p> Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels.</p> <p> Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.</p>

Year 7	Acquiring	Developing	Securing	Mastering
Dance	<p> Demonstrates limited knowledge in games and feedback is insufficient.</p> <p> Does not work well as part of a team and shows a lack of empathy and respect for others.</p> <p> Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting personal best.</p>	<p> Demonstrates knowledge in discussions however lacks application. Beginning to identify strengths and weaknesses during feedback opportunities.</p> <p> Can work as part of a team and shows some empathy and respect for others.</p> <p> Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best.</p>	<p> Demonstrates sound knowledge and can suggest ideas on how to improve performance. Can identify strengths and weaknesses and feedback includes strategies to improve performance.</p> <p> Works well as part of a team helping to problem solve as well as, showing empathy and respect for others.</p> <p> Can accurately replicate more advanced movements showing good control aiming towards achieving personal best.</p>	<p> Demonstrates excellent knowledge which contributes to outwitting of opponents. Feedback is effective and peer performance is improved as a result.</p> <p> Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals.</p> <p> Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.</p>
Cricket	<p> Demonstrates limited knowledge and understanding of aerobic and anaerobic endurance and cannot define either.</p> <p> Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles.</p> <p> Struggle to perform techniques and apply tactics during competitive tasks.</p>	<p> Demonstrates sound knowledge and can define each aerobic and anaerobic endurance but has limited understanding of how to develop each type.</p> <p> Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase.</p> <p> Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can define aerobic and anaerobic endurance and explain how to develop each type of endurance.</p> <p> Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns.</p> <p> Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can define aerobic and anaerobic endurance along with the benefits, and can confidently explain methods to develop each type of endurance and link to the sport.</p> <p> Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern.</p> <p> Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.</p>

Year 7	Acquiring	Developing	Securing	Mastering
Athletics	<p> Struggle to identify any bones or muscles and cannot measure maximum heart rate.</p> <p> Join KS3 showing minimal effort and determination to improve fitness levels.</p> <p> Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting personal best.</p>	<p> Can identify some major bones and muscles and understand how to measure maximum heart rate.</p> <p> Join KS3 enjoying PE showing some effort and determination to improve fitness levels.</p> <p> Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best.</p>	<p> Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate.</p> <p> Join KS3 with a passion for PE showing good effort and determination to improve fitness levels.</p> <p> Can accurately replicate more advanced movements showing good control aiming towards achieving personal best.</p>	<p> Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.</p> <p> Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels.</p> <p> Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.</p>
Netball	<p> Struggle to identify any bones or muscles and cannot measure maximum heart rate.</p> <p> Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles.</p> <p> Struggle to perform fundamental skills demonstrating a lack of control.</p>	<p> Can identify some major bones and muscles and understand how to measure maximum heart rate.</p> <p> Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase.</p> <p> Can perform fundamental skills with control and accuracy.</p>	<p> Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate.</p> <p> Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns.</p> <p> Can perform more complex skills in a competitive situation with control, accuracy and fluency.</p>	<p> Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.</p> <p> Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern.</p> <p> Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.</p>

Year 7	Acquiring	Developing	Securing	Mastering
Rounders	<p> Demonstrates limited tactical knowledge in games and feedback is insufficient.</p> <p> Does not work well as part of a team and shows a lack of empathy and respect for others.</p> <p> Struggle to perform techniques and apply tactics during competitive tasks.</p>	<p> Demonstrates tactical knowledge in discussions however lacks application. Beginning to identify strengths and weaknesses during feedback opportunities.</p> <p> Can work as part of a team and shows some empathy and respect for others.</p> <p> Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Demonstrates sound tactical knowledge and can suggest ideas on how to outwit opponents in game situations. Can identify strengths and weaknesses and feedback includes strategies to improve performance.</p> <p> Works well as part of a team helping to problem solve as well as, showing empathy and respect for others.</p> <p> Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Demonstrates excellent tactical knowledge which contributes to outwitting of opponents. Feedback is effective and peer performance is improved as a result.</p> <p> Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals.</p> <p> Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.</p>
Fundamentals	<p> Struggle to identify any bones or muscles and cannot measure maximum heart rate.</p> <p> Does not work well as part of a team and shows a lack of empathy and respect for others.</p> <p> Struggle to perform fundamental skills demonstrating a lack of control.</p>	<p> Can identify some major bones and muscles and understand how to measure maximum heart rate.</p> <p> Can work as part of a team and shows some empathy and respect for others.</p> <p> Can perform fundamental skills with control and accuracy.</p>	<p> Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate.</p> <p> Works well as part of a team helping to problem solve as well as, showing empathy and respect for others.</p> <p> Can perform more complex skills in a competitive situation with control, accuracy and fluency.</p>	<p> Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels.</p> <p> Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals.</p> <p> Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.</p>

Year 7	Acquiring	Developing	Securing	Mastering
Short Tennis	<p> Demonstrates limited knowledge and understanding of aerobic and anaerobic endurance and cannot define either.</p> <p> Join KS3 showing minimal effort and determination to improve fitness levels.</p> <p> Struggle to perform techniques and apply tactics during competitive tasks.</p>	<p> Demonstrates sound knowledge and can define each aerobic and anaerobic endurance but has limited understanding of how to develop each type.</p> <p> Join KS3 enjoying PE showing some effort and determination to improve fitness levels.</p> <p> Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can define aerobic and anaerobic endurance and explain how to develop each type of endurance.</p> <p> Join KS3 with a passion for PE showing good effort and determination to improve fitness levels.</p> <p> Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.</p>	<p> Can define aerobic and anaerobic endurance along with the benefits, and can confidently explain methods to develop each type of endurance and link to the sport.</p> <p> Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels.</p> <p> Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.</p>

Core PE



Year 8

Year 8	Acquiring	Developing	Securing	Mastering
Basketball	<p> Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p> Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p> Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p> Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p> Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>
Badminton	<p> Struggles to describe what a healthy and active lifestyle consists of and what the benefits are.</p> <p> Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Can describe several benefits that a healthy and active lifestyle has on physical and mental health.</p> <p> Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits.</p> <p> Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always and has a positive influence on the group whilst in each role.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Can explain risks and repercussions if a healthy and active lifestyle is not followed.</p> <p> Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>

Year 8	Acquiring	Developing	Securing	Mastering
Street Dance	<p> Struggles to identify strengths and weaknesses of performance therefore feedback is limited.</p> <p> Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up.</p> <p> Demonstrates poor strength and flexibility during movements and rarely shows good timing and accuracy.</p>	<p> Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups.</p> <p> Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements.</p> <p> Demonstrates some strength and limited flexibility during movements and can sometimes show good timing and accuracy.</p>	<p> Confidence in the evaluation process and feedback consists of strategies to improve performance.</p> <p> Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase.</p> <p> Good core strength and flexibility is shown when performing and movements are often fluent and coordinated.</p>	<p> Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance.</p> <p> Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared.</p> <p> Excellent core strength and flexibility is demonstrated when performing and movements are consistently fluent and coordinated.</p>
Softball	<p> Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p> Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p> Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p> Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always and has a positive influence on the group whilst in each role.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p> Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>

Year 8	Acquiring	Developing	Securing	Mastering
<p>Orienteering and Parkour</p>	<p>🧠 Struggles to describe what a healthy and active lifestyle consists of and what the benefits are.</p> <p>💖 Drive and determination to improve fitness is minimal and does not help to motivate peers.</p> <p>👏 Performance in a range of training methods is below standard as physical fitness is poor.</p>	<p>🧠 Can describe several benefits that a healthy and active lifestyle has on physical and mental health.</p> <p>💖 Shows good intent to improve personal fitness levels and results and this has a positive influence on peers.</p> <p>👏 Often strives towards personal best in several training methods demonstrating a good level of physical fitness.</p>	<p>🧠 Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits.</p> <p>💖 Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best.</p> <p>👏 Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities.</p>	<p>🧠 Can explain risks and repercussions if a healthy and active lifestyle is not followed.</p> <p>💖 Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons.</p> <p>👏 Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.</p>
<p>Tennis</p>	<p>🧠 Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p>💖 Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p>👏 Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p>🧠 Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p>💖 Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p>👏 There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p>🧠 Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p>💖 Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always and has a positive influence on the group whilst in each role.</p> <p>👏 Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p>🧠 Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p>💖 Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p>👏 Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>

Year 8	Acquiring	Developing	Securing	Mastering
Health Related Exercise	<p> Struggles to describe what a healthy and active lifestyle consists of and what the benefits are.</p> <p> Drive and determination to improve fitness is minimal and does not help to motivate peers.</p> <p> Performance in a range of training methods is below standard as physical fitness is poor.</p>	<p> Can describe several benefits that a healthy and active lifestyle has on physical and mental health.</p> <p> Shows good intent to improve personal fitness levels and results and this has a positive influence on peers.</p> <p> Often strives towards personal best in several training methods demonstrating a good level of physical fitness.</p>	<p> Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits.</p> <p> Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best.</p> <p> Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities.</p>	<p> Can explain risks and repercussions if a healthy and active lifestyle is not followed.</p> <p> Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons.</p> <p> Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.</p>
Rugby	<p> Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p> Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p> Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p> Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p> Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>

Year 8	Acquiring	Developing	Securing	Mastering
Football	<p> Struggles to describe what a healthy and active lifestyle consists of and what the benefits are.</p> <p> Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Can describe several benefits that a healthy and active lifestyle has on physical and mental health.</p> <p> Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits.</p> <p> Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always and has a positive influence on the group whilst in each role.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Can explain risks and repercussions if a healthy and active lifestyle is not followed.</p> <p> Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>
Trampolining	<p> Struggles to identify strengths and weaknesses of performance therefore feedback is limited.</p> <p> Drive and determination to improve fitness is minimal and does not help to motivate peers.</p> <p> Demonstrates poor strength and flexibility during movements and rarely shows good timing and accuracy.</p>	<p> Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups.</p> <p> Shows good intent to improve personal fitness levels and results and this has a positive influence on peers.</p> <p> Demonstrates some strength and limited flexibility during movements and can sometimes show good timing and accuracy.</p>	<p> Confidence in the evaluation process and feedback consists of strategies to improve performance.</p> <p> Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best.</p> <p> Good core strength and flexibility is shown when performing and movements are often fluent and coordinated.</p>	<p> Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance.</p> <p> Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons.</p> <p> Excellent core strength and flexibility is demonstrated when performing and movements are consistently fluent and coordinated.</p>

Year 8	Acquiring	Developing	Securing	Mastering
Athletics	<ul style="list-style-type: none"> 🧠 Shows very limited knowledge of rules and regulations and lacks confidence implementing these. ❤️ Drive and determination to improve fitness is minimal and does not help to motivate peers. 👏 Performance in a range of training methods is below standard as physical fitness is poor. 	<ul style="list-style-type: none"> 🧠 Is confident when explaining the rules and regulations however lacks confidence when applying under pressure. ❤️ Shows good intent to improve personal fitness levels and results and this has a positive influence on peers. 👏 Often strives towards personal best in several training methods demonstrating a good level of physical fitness. 	<ul style="list-style-type: none"> 🧠 Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition. ❤️ Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best. 👏 Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities. 	<ul style="list-style-type: none"> 🧠 Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles. ❤️ Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons. 👏 Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.
Cricket	<ul style="list-style-type: none"> 🧠 Shows very limited knowledge of rules and regulations and lacks confidence implementing these. ❤️ Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others. 👏 Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average. 	<ul style="list-style-type: none"> 🧠 Is confident when explaining the rules and regulations however lacks confidence when applying under pressure. ❤️ Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group. 👏 There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving. 	<ul style="list-style-type: none"> 🧠 Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition. ❤️ Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always has a positive influence on the group whilst in each role. 👏 Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good. 	<ul style="list-style-type: none"> 🧠 Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles. ❤️ Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role. 👏 Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.

Year 8	Acquiring	Developing	Securing	Mastering
Netball	<p> Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p> Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p> Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p> Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p> Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>
Benchball	<p> Struggles to identify strengths and weaknesses of performance therefore feedback is limited.</p> <p> Drive and determination to improve fitness is minimal and does not help to motivate peers.</p> <p> Performance in a range of training methods is below standard as physical fitness is poor.</p>	<p> Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups.</p> <p> Shows good intent to improve personal fitness levels and results and this has a positive influence on peers.</p> <p> Often strives towards personal best in several training methods demonstrating a good level of physical fitness.</p>	<p> Confidence in the evaluation process and feedback consists of strategies to improve performance.</p> <p> Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best.</p> <p> Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities.</p>	<p> Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance.</p> <p> Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons</p> <p> Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.</p>

Year 8	Acquiring	Developing	Securing	Mastering
Swimming	<ul style="list-style-type: none">  Struggles to identify strengths and weaknesses of performance therefore feedback is limited.  Drive and determination to improve fitness is minimal and does not help to motivate peers  Demonstrates poor strength and flexibility during movements and rarely shows good timing and accuracy. 	<ul style="list-style-type: none">  Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups.  Shows good intent to improve personal fitness levels and results and this has a positive influence on peers.  Demonstrates some strength and limited flexibility during movements and can sometimes show good timing and accuracy. 	<ul style="list-style-type: none">  Confidence in the evaluation process and feedback consists of strategies to improve performance.  Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best.  Good core strength and flexibility is shown when performing and movements are often fluent and coordinated. 	<ul style="list-style-type: none">  Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance.  Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons.  Excellent core strength and flexibility is demonstrated when performing and movements are consistently fluent and coordinated.
Tag Rugby	<ul style="list-style-type: none">  Struggles to describe what a healthy and active lifestyle consists of and what the benefits are.  Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up.  Performance in a range of training methods is below standard as physical fitness is poor. 	<ul style="list-style-type: none">  Can describe several benefits that a healthy and active lifestyle has on physical and mental health.  Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements.  Often strives towards personal best in several training methods demonstrating a good level of physical fitness. 	<ul style="list-style-type: none">  Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits.  Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase.  Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities. 	<ul style="list-style-type: none">  Can explain risks and repercussions if a healthy and active lifestyle is not followed.  Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared.  Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.

Year 8	Acquiring	Developing	Securing	Mastering
Rounders	<p> Shows very limited knowledge of rules and regulations and lacks confidence implementing these.</p> <p> Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Is confident when explaining the rules and regulations however lacks confidence when applying under pressure.</p> <p> Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition.</p> <p> Consistently respects all decisions and is a role model to the rest of the group.</p> <p>Understands each role and always and has a positive influence on the group whilst in each role.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles.</p> <p> Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>
Short Tennis	<p> Struggles to identify strengths and weaknesses of performance therefore feedback is limited.</p> <p> Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others.</p> <p> Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.</p>	<p> Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups.</p> <p> Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group.</p> <p> There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.</p>	<p> Confidence in the evaluation process and feedback consists of strategies to improve performance.</p> <p> Consistently respects all decisions and is a role model to the rest of the group.</p> <p>Understands each role and always and has a positive influence on the group whilst in each role.</p> <p> Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.</p>	<p> Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance.</p> <p> Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role.</p> <p> Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.</p>

Core PE



Year 9












Year 9	Acquiring	Developing	Securing	Mastering
Health Related Exercise	<ul style="list-style-type: none">  Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.  Shows little resilience when faced with barriers and sometimes encourages others to improve.  Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best. 	<ul style="list-style-type: none">  Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.  Is resilient in most situations and often encourages peers to achieve their personal best.  Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone. 	<ul style="list-style-type: none">  Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.  Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.  Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best. 	<ul style="list-style-type: none">  Analysis is very detailed and advice is communicated in a way that helps improve peer performance.  Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.  Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.
Tennis	<ul style="list-style-type: none">  Decisions are often incorrect in pressure situations and there is a lack of control in game situations.  Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.  Skills are performed with slight consistency and fluency. Opponents are rarely outwitted. 	<ul style="list-style-type: none">  Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations.  Communicates well with use of hand signals and verbal communication however decision making is hesitant.  Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills. 	<ul style="list-style-type: none">  Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making.  Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.  Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result. 	<ul style="list-style-type: none">  Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations.  Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.  Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.


















Year 9	Acquiring	Developing	Securing	Mastering
Badminton	<p> Decisions are often incorrect in pressure situations and there is a lack of control in game situations.</p> <p> Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.</p> <p> Struggles to apply technical skills and can identify some components of fitness.</p> <p>Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.</p>	<p> Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations.</p> <p> Communicates well with use of hand signals and verbal communication however decision making is hesitant.</p> <p> Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.</p>	<p> Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making.</p> <p> Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.</p> <p> Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.</p>	<p> Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations.</p> <p> Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.</p> <p> Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.</p>
Basketball	<p> Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.</p> <p> Planning does not contain much detail and drill/warm up is engaging however organisation could be developed.</p> <p> Demonstrates an average level in a range of these fitness components and advantage is rarely gained in competitive situations.</p>	<p> Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.</p> <p> Planning is of a good standard and drill/warm up is organised, engaging and effective.</p> <p> Good levels of the above fitness components and sometimes gets the better of opponents in game situations.</p>	<p> Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.</p> <p> Planning is very detailed and drill/warm up shows good pace, is organised and is progressive.</p> <p> Demonstrates high levels of fitness in a range of areas and knows how and when to use these to gain an advantage over opponents in game situations.</p>	<p> Analysis is very detailed and advice is communicated in a way that helps improve peer performance.</p> <p> Drill/warm up is effective, fun and shows progress throughout. Organisation and transitions are smooth as a result of excellent planning.</p> <p> Uses a range of fitness components in varying situations to outwit opponents and influences the dynamic of competitive situations.</p>

Year 9	Acquiring	Developing	Securing	Mastering
Table Tennis	<p> Decisions are often incorrect in pressure situations and there is a lack of control in game situations.</p> <p> Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.</p> <p> Skills are performed with slight consistency and fluency. Opponents are rarely outwitted.</p>	<p> Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations.</p> <p> Communicates well with use of hand signals and verbal communication however decision making is hesitant.</p> <p> Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.</p>	<p> Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making.</p> <p> Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.</p> <p> Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.</p>	<p> Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations.</p> <p> Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.</p> <p> Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.</p>
Cricket	<p> Tactical awareness is limited and methods to outwit opponents are rarely used in competitive situations.</p> <p> Planning does not contain much detail and drill/warm up is engaging however organisation could be developed.</p> <p> Skills are performed with slight consistency and fluency. Opponents are rarely outwitted.</p>	<p> Can suggest tactics to help outwit opponents and attempt these in games inconsistently.</p> <p> Planning is of a good standard and drill/warm up is organised, engaging and effective.</p> <p> Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.</p>	<p> Tactical awareness is very good and strategies are often attempted in game situations with some success.</p> <p> Planning is very detailed and drill/warm up shows good pace, is organised and is progressive.</p> <p> Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.</p>	<p> Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation.</p> <p> Drill/warm up is effective, fun and shows progress throughout. Organisation and transitions are smooth as a result of excellent planning.</p> <p> Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.</p>

Year 9	Acquiring	Developing	Securing	Mastering
Football	<p> Tactical awareness is limited and methods to outwit opponents are rarely used in competitive situations.</p> <p> Planning does not contain much detail and drill/warm up is engaging however organisation could be developed.</p> <p> Demonstrates an average level in a range of these fitness components and advantage is rarely gained in competitive situations.</p>	<p> Can suggest tactics to help outwit opponents and attempt these in games inconsistently.</p> <p> Planning is of a good standard and drill/warm up is organised, engaging and effective.</p> <p> Good levels of the above fitness components and sometimes gets the better of opponents in game situations.</p>	<p> Tactical awareness is very good and strategies are often attempted in game situations with some success.</p> <p> Planning is very detailed and drill/warm up shows good pace, is organised and is progressive.</p> <p> Demonstrates high levels of fitness in a range of areas and knows how and when to use these to gain an advantage over opponents in game situations.</p>	<p> Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation.</p> <p> Drill/warm up is effective, fun and shows progress throughout. Organisation and transitions are smooth as a result of excellent planning.</p> <p> Uses a range of fitness components in varying situations to outwit opponents and influences the dynamic of competitive situations.</p>
Rugby	<p> Tactical awareness is limited and methods to outwit opponents are rarely used in competitive situations.</p> <p> Shows little resilience when faced with barriers and sometimes encourages others to improve.</p> <p> Demonstrates an average level in a range of these fitness components and advantage is rarely gained in competitive situations.</p>	<p> Can suggest tactics to help outwit opponents and attempt these in games inconsistently.</p> <p> Is resilient in most situations and often encourages peers to achieve their personal best.</p> <p> Good levels of the above fitness components and sometimes gets the better of opponents in game situations.</p>	<p> Tactical awareness is very good and strategies are often attempted in game situations with some success.</p> <p> Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.</p> <p> Demonstrates high levels of fitness in a range of areas and knows how and when to use these to gain an advantage over opponents in game situations.</p>	<p> Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation.</p> <p> Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.</p> <p> Uses a range of fitness components in varying situations to outwit opponents and influences the dynamic of competitive situations.</p>

Year 9	Acquiring	Developing	Securing	Mastering
Softball	<ul style="list-style-type: none">  Tactical awareness is limited and methods to outwit opponents are rarely used in competitive situations.  Shows little resilience when faced with barriers and sometimes encourages others to improve.  Skills are performed with slight consistency and fluency. Opponents are rarely outwitted. 	<ul style="list-style-type: none">  Can suggest tactics to help outwit opponents and attempt these in games inconsistently.  Is resilient in most situations and often encourages peers to achieve their personal best.  Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills. 	<ul style="list-style-type: none">  Tactical awareness is very good and strategies are often attempted in game situations with some success.  Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.  Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result. 	<ul style="list-style-type: none">  Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation.  Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.  Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.
Pool Option	<ul style="list-style-type: none">  Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.  Shows little resilience when faced with barriers and sometimes encourages others to improve.  Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best. 	<ul style="list-style-type: none">  Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.  Is resilient in most situations and often encourages peers to achieve their personal best.  Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone. 	<ul style="list-style-type: none">  Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.  Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.  Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best. 	<ul style="list-style-type: none">  Analysis is very detailed and advice is communicated in a way that helps improve peer performance.  Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.  Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.

Year 9	Acquiring	Developing	Securing	Mastering
Trampolining	<p> Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.</p> <p> Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.</p> <p> Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.</p>	<p> Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.</p> <p> Communicates well with use of hand signals and verbal communication however decision making is hesitant.</p> <p> Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.</p>	<p> Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.</p> <p> Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.</p> <p> Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.</p>	<p> Analysis is very detailed and advice is communicated in a way that helps improve peer performance.</p> <p> Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.</p> <p> Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.</p>
Athletics	<p> Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.</p> <p> Shows little resilience when faced with barriers and sometimes encourages others to improve.</p> <p> Demonstrates an average level in a range of these fitness components and advantage is rarely gained in competitive situations.</p>	<p> Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.</p> <p> Is resilient in most situations and often encourages peers to achieve their personal best.</p> <p> Good levels of the above fitness components and sometimes gets the better of opponents in game situations.</p>	<p> Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.</p> <p> Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.</p> <p> Demonstrates high levels of fitness in a range of areas and knows how and when to use these to gain an advantage over opponents in game situations.</p>	<p> Analysis is very detailed and advice is communicated in a way that helps improve peer performance.</p> <p> Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.</p> <p> Uses a range of fitness components in varying situations to outwit opponents and influences the dynamic of competitive situations.</p>

Year 9	Acquiring	Developing	Securing	Mastering
Tchoukball	<p> Decisions are often incorrect in pressure situations and there is a lack of control in game situations.</p> <p> Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.</p> <p> Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.</p>	<p> Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations.</p> <p> Communicates well with use of hand signals and verbal communication however decision making is hesitant.</p> <p> Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.</p>	<p> Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making.</p> <p> Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.</p> <p> Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.</p>	<p> Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations.</p> <p> Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.</p> <p> Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.</p>
Clubbercise	<p> Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve.</p> <p> Shows little resilience when faced with barriers and sometimes encourages others to improve.</p> <p> Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.</p>	<p> Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas.</p> <p> Is resilient in most situations and often encourages peers to achieve their personal best.</p> <p> Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.</p>	<p> Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance.</p> <p> Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best.</p> <p> Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.</p>	<p> Analysis is very detailed and advice is communicated in a way that helps improve peer performance.</p> <p> Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best.</p> <p> Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.</p>

Year 9	Acquiring	Developing	Securing	Mastering
Korfball	<p> Decisions are often incorrect in pressure situations and there is a lack of control in game situations.</p> <p> Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions.</p> <p> Skills are performed with slight consistency and fluency. Opponents are rarely outwitted.</p>	<p> Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations.</p> <p> Communicates well with use of hand signals and verbal communication however decision making is hesitant.</p> <p> Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.</p>	<p> Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making.</p> <p> Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations.</p> <p> Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.</p>	<p> Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations.</p> <p> Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge.</p> <p> Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.</p>