

Subject: Physical Education

Faculty: Innovation

Year Group: KS3- 7



EXCELLING (-, =, +)

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| | <p>All of the secure criteria plus:</p> <ul style="list-style-type: none"> Students complete all tests working to maximum capacity achieving 6 scores in line with expected. Students demonstrate the correct technique across all activities within fitness. | <p>All of the secure criteria plus:</p> <ul style="list-style-type: none"> Students Basketball select and combine skills with accuracy. Students can complete a warm up within a group leading a section. | <p>All of the secure criterion plus:</p> <ul style="list-style-type: none"> Students can perform skills consistently and accurately within a game. Students use advanced athletics techniques consistently achieving good distances, height and speed. |
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SECURE

| | Autumn Term | Spring Term | Summer Term |
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| | <p>Assessment strategy: Practical assessment of:</p> <ol style="list-style-type: none"> Testing Fitness Induction | <p>Assessment strategy: Practical assessment of:</p> <ol style="list-style-type: none"> Basketball Athletics Cross Country | <p>Assessment strategy: Practical assessment of:</p> <ol style="list-style-type: none"> Athletics Rounders |
| <p>Pillar 1 - Fundamental Movement Skill</p> | <ul style="list-style-type: none"> Students complete all tests working to maximum capacity achieving 4 scores in line with the expected. Students can demonstrate a good technique across a range of weight exercises, including free weights. Students can demonstrate a good technique across a range of cardio activities. | <p>Everything from term 1 plus:</p> <ul style="list-style-type: none"> Students shoot and pass with some accuracy. Students replicate a given technique within athletics. Students perform throwing and jumping events with some accuracy. Students understand when to use given skills within a game situation. | <p>Everything from terms 1 and 2 plus:</p> <ul style="list-style-type: none"> Students demonstrate how to throw and catch effectively. Students can strike a ball with some consistency. Students use correct athletics techniques to achieve a score within breaking any rules. (e.g. false start) |
| <p>Pillar 2 - Rules, Strategies & Tactics</p> | <ul style="list-style-type: none"> Students can identify what reps and sets are within fitness. Students can calculate heart rate. | <p>Everything from term 1 plus:</p> <ul style="list-style-type: none"> Students can use simple tactics from Basketball to outwit an opponent. Students understand and can apply rules of double dribble and travel. | <p>Everything from terms 1 and 2 plus:</p> <ul style="list-style-type: none"> Students understand simple rules within rounders and show them within a game situation. Students understand the scoring system of rounders. |
| <p>Pillar 3 - Healthy Participation</p> | <ul style="list-style-type: none"> Students can complete a warm up and cool down with help from the teacher. Students complete tests with accuracy and safety. Students demonstrate they can use a fitness suite and its equipment safely. Students complete the gym induction. | <p>Everything from term 1 plus:</p> <ul style="list-style-type: none"> Students complete cross country in a safe manner working to the best of their ability. Students complete warm up within a group following the set sessions correctly. . Students carry athletics equipment in the correct manner. | <p>Everything from terms 1 and 2 plus:</p> <ul style="list-style-type: none"> Students complete athletics events following all safety rules. Students safely record athletics scores. Students peer assess a student providing feedback. |

DEVELOPING (-, =, +)

Not yet secure with all of the criteria set out for the term.