



'PE' - Year '7'

	Emerging –	Developing -	Secure -	Exceeding -
Skill Development	Pupils will be able to choose and use correct skills for different activities within practice and competitive situations, whilst performing them with some control.	Pupils will be able to link basic skills and ideas and make them work accurately in both practice and competitive situations.	Pupils will be able to join and transition appropriate skills and ideas whilst implementing them in both practice and competitive situations without losing control.	Pupils will be able to join and transition appropriate skills and ideas whilst implementing them with some consistent control and accuracy in both practice and competitive situations.
Tactics/Compositional Ideas	Pupils will show basic knowledge and understanding of simple tactics/compositional ideas and be able to identify when to use them within different activities in PE.	Pupils will show basic knowledge and understanding of simple tactics/compositional ideas and attempt to apply them in different activities within PE.	Pupils will understand simple tactics/compositional ideas and apply them in different activities within PE.	Pupils will understand simple tactics/compositional ideas and apply them correctly in different activities within PE.

Evaluation Skills	Pupils will be able to observe others within their class identifying basic points to help them improve.	Pupils will be able to observe others within their class identifying strengths and weaknesses to help them improve.	Pupils will be able to observe others within their class using some basic subject specific terminology to identify their strength and weaknesses to help them improve.	Pupils will be able to observe others within their class using basic subject specific terminology to identify their strength and weaknesses to help them improve.
Safety in Sport	Pupils will be able to identify examples of different types of warm up and cool down exercises.	Pupils will be able to explain the basic principles of safety in relation to different activities within PE.	Pupils will be able to explain and apply basic principles of safety when preparing for exercise.	Pupils will be able to explain, apply and implement basic principles of safety when preparing for exercise.
Effects of Exercise	Pupils will be able identify how exercise affects the body.	Pupils will be able to describe how exercise affects the body and the importance of physical activity.	Pupils will be able to describe how exercise affects the body and explain the importance of physical activity	Pupils will be able to explain how exercise affects the body and can explain why regular physical activity is important