



'PE' - Year '9'

	Emerging –	Developing -	Secure -	Exceeding -
Skills	Pupils will be able to choose, link and use correct skills for different activities within practice and competitive situations, whilst performing them without losing control.	Pupils will be able to choose, link and use correct skills for different activities within practice and competitive situations whilst performing them without losing control and some accuracy.	Pupils will be able to choose, link and use correct skills for different activities within practice and competitive situations whilst performing them without losing control and accuracy.	Pupils will be able to choose, link and use correct skills for different activities within practice and competitive situations whilst performing them without losing control, accuracy and technique.
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 understand simple tactics/compositional ideas and apply them correctly under specific situations and game play in different activities within PE.	Pupils apply tactics/compositional ideas and apply them correctly with confidence under specific situations and game play in different activities within PE.	Pupils will apply tactics/compositional ideas and apply them correctly with confidence and accuracy under specific situations and game play in different activities within PE.
Evaluation Skills	Pupils will be able to observe others within their class identifying strengths and weaknesses to help them improve.	Pupils will be able to evaluate others within their class and themselves using some subject specific terminology to identify their strength and weaknesses to help improve performance.	Pupils will be able to evaluate others within their class and themselves using subject specific terminology to identify their strength and weaknesses to help improve performance.	Pupils will be able to evaluate others within their class and themselves using subject specific terminology to identify their strengths and weaknesses and give informed progressions to improve their performance.

Safety in Sport	Pupils will be able to identify and explain basic safety principles in different activities within PE.	Pupils will be able to explain and apply basic principles of safety when preparing for exercise.	Pupils to explain, select and apply the appropriate principles of safety when preparing for exercise.	Pupils will be able to explain, select and apply the appropriate principles of safety when preparing and completing exercise. In addition, explain the different components of a warmup and cool down.
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 in the short term and explain why regular physical activity is beneficial physically, socially and mentally.	Pupils will be able to describe how exercise affects the body in the short and long term and explain why regular physical activity is beneficial physically, socially and mentally.