



Year 7: Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

**Skills**

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can identify some reasons for needing a warm-up.</li> <li>I can identify a benefit for taking part in physical activity.</li> <li>I am beginning to understand why we have rules in sport.</li> </ul>	<ul style="list-style-type: none"> <li>I can lead an effective self-led warm-up</li> <li>I can identify most major muscles in the body.</li> <li>I can describe and explain some skills and rules in some sports.</li> <li>I understand techniques, helping me to analyse and improve my own performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how the body adapts and benefits from regular exercise.</li> <li>I can take responsibility for leading a small group warm-up.</li> <li>I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can categorise many short and long-term effects of exercise on physical, mental and social well-being.</li> <li>I can lead an effective warm-up to the whole class.</li> <li>I can examine problems with technique points to correct these mistakes.</li> </ul>	<ul style="list-style-type: none"> <li>I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being.</li> <li>I can lead and officiate matches showing a good understanding of the rules.</li> <li>I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.</li> </ul>

Year 7: Effort | Resilience | Respect | Motivation | Commitment

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can recall good qualities that make a good leader.</li> <li>I know how to respect equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate leadership of a small group of peers with some confidence.</li> <li>I can demonstrate communication skills within discussions and activities.</li> <li>I often demonstrate respect for equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate confidence and apply leadership qualities to lead large group warm-ups.</li> <li>I am hard working, resilient and eagerly accept challenges.</li> <li>I have developed respectful relationships with my peers</li> </ul>	<ul style="list-style-type: none"> <li>I am confident and competent when leading large groups of performers.</li> <li>I effectively apply methods of communication to different ages, abilities, experiences and situations.</li> <li>I often inspire others to participate and progress in sporting activity.</li> </ul>	<ul style="list-style-type: none"> <li>I demonstrate good leadership qualities both in lesson and afterschool clubs.</li> <li>I display clear communication skills, empathy and patience.</li> <li>I am respected and respectful, and I have developed a positive working relationship with staff and students across the school.</li> </ul>

Year 7: Skill Development | Skill Application | Fitness Levels | Technique | Competitive

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success skills, techniques and tactics across a variety of activities in isolated pressured situations.</li> <li>I can complete a 2-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in moderately pressured practices.</li> <li>I can complete a 3-minute run.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success skills, techniques and tactics across a variety of sports in competitive activities.</li> <li>I can complete a 5-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with consistency and success skills, techniques and tactics across a variety of activities challenging activities.</li> <li>I can complete a 10-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities</li> <li>I can complete a 15-minute run</li> </ul>

In Year 9, your knowledge journey increases in challenge further to include.....

In Year 8, your knowledge journey increases in challenge to include.....

In Year 7, your knowledge journey includes.....

**Boys Curriculum**

- Rugby
- Short tennis
- Football
- Gymnastics
- Orienteering
- Basketball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Bucketball rounders

**Girls Curriculum**

- Football
- Gymnastics
- Rugby
- Netball
- Orienteering
- Fitness
- Hockey
- Basketball
- Athletics
- Tennis
- Rounders/bucketball
- Cricket

**Boys Curriculum**

- Rugby
- Badminton
- Football
- Gymnastics
- Orienteering
- Basketball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Softball

**Girls Curriculum**

- Football
- Gymnastics
- Rugby
- Netball
- Orienteering
- Fitness
- Hockey
- Badminton
- Athletics
- Tennis
- Rounders
- Bucketball
- Cricket

**Boys Curriculum**

- Rugby
- Badminton
- Football
- Leadership through invasion games
- Orienteering
- Volleyball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Softball

**Girls Curriculum**

- Football
- Trampolining
- Netball
- Badminton
- Orienteering
- Fitness
- Rugby
- Volleyball
- Athletics
- Tennis
- Rounders
- Bucketball
- Cricket

**Content**



Year 7: Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

**Skills**

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can identify some reasons for needing a warm-up.</li> <li>I can identify a benefit for taking part in physical activity.</li> <li>I am beginning to understand why we have rules in sport.</li> </ul>	<ul style="list-style-type: none"> <li>I can lead an effective self-led warm-up</li> <li>I can identify most major muscles in the body.</li> <li>I can describe and explain some skills and rules in some sports.</li> <li>I understand techniques, helping me to analyse and improve my own performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how the body adapts and benefits from regular exercise.</li> <li>I can take responsibility for leading a small group warm-up.</li> <li>I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can categorise many short and long-term effects of exercise on physical, mental and social well-being.</li> <li>I can lead an effective warm-up to the whole class.</li> <li>I can examine problems with technique points to correct these mistakes.</li> </ul>	<ul style="list-style-type: none"> <li>I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being.</li> <li>I can lead and officiate matches showing a good understanding of the rules.</li> <li>I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.</li> </ul>

Year 7: Effort | Resilience | Respect | Motivation | Commitment

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can recall good qualities that make a good leader.</li> <li>I know how to respect equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate leadership of a small group of peers with some confidence.</li> <li>I can demonstrate communication skills within discussions and activities.</li> <li>I often demonstrate respect for equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate confidence and apply leadership qualities to lead large group warm-ups.</li> <li>I am hard working, resilient and eagerly accept challenges.</li> <li>I have developed respectful relationships with my peers</li> </ul>	<ul style="list-style-type: none"> <li>I am confident and competent when leading large groups of performers.</li> <li>I effectively apply methods of communication to different ages, abilities, experiences and situations.</li> <li>I often inspire others to participate and progress in sporting activity.</li> </ul>	<ul style="list-style-type: none"> <li>I demonstrate good leadership qualities both in lesson and afterschool clubs.</li> <li>I display clear communication skills, empathy and patience.</li> <li>I am respected and respectful, and I have developed a positive working relationship with staff and students across the school.</li> </ul>

Year 7: Skill Development | Skill Application | Fitness Levels | Technique | Competitive

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can demonstrate, with some accuracy and success basic skills, techniques and tactics in passive practices</li> <li>I can complete a 2-minute run.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in high pressured practices</li> <li>I can complete a 5-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities</li> <li>I can complete a 7-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with precision and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities</li> <li>I can complete a 15-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with consistent precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities</li> <li>I can complete a 20-minute run</li> </ul>

In Year 9, your knowledge journey increases in challenge further to include.....

In Year 8, your knowledge journey increases in challenge to include.....

In Year 7, your knowledge journey includes.....

**Boys Curriculum**

- Rugby
- Short tennis
- Football
- Gymnastics
- Orienteering
- Basketball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Bucketball rounders

**Girls Curriculum**

- Football
- Gymnastics
- Rugby
- Netball
- Orienteering
- Fitness
- Hockey
- Basketball
- Athletics
- Tennis
- Rounders/bucketball
- Cricket

**Boys Curriculum**

- Rugby
- Badminton
- Football
- Gymnastics
- Orienteering
- Basketball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Softball

**Girls Curriculum**

- Football
- Gymnastics
- Rugby
- Netball
- Orienteering
- Fitness
- Hockey
- Badminton
- Athletics
- Tennis
- Rounders
- Bucketball
- Cricket

**Boys Curriculum**

- Rugby
- Badminton
- Football
- Leadership through invasion games
- Orienteering
- Volleyball
- Hockey
- Health related fitness
- Cricket
- Athletics
- Tennis
- Softball

**Girls Curriculum**

- Football
- Trampolining
- Netball
- Badminton
- Orienteering
- Fitness
- Rugby
- Volleyball
- Athletics
- Tennis
- Rounders
- Bucketball
- Cricket

**Content**



Year 7: Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can identify some reasons for needing a warm-up.</li> <li>I can identify a benefit for taking part in physical activity.</li> <li>I am beginning to understand why we have rules in sport.</li> </ul>	<ul style="list-style-type: none"> <li>I can lead an effective self-led warm-up</li> <li>I can identify most major muscles in the body.</li> <li>I can describe and explain some skills and rules in some sports.</li> <li>I understand techniques, helping me to analyse and improve my own performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how the body adapts and benefits from regular exercise.</li> <li>I can take responsibility for leading a small group warm-up.</li> <li>I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can categorise many short and long-term effects of exercise on physical, mental and social well-being.</li> <li>I can lead an effective warm-up to the whole class.</li> <li>I can examine problems with technique points to correct these mistakes.</li> </ul>	<ul style="list-style-type: none"> <li>I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being.</li> <li>I can lead and officiate matches showing a good understanding of the rules.</li> <li>I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.</li> </ul>

Year 7: Effort | Resilience | Respect | Motivation | Commitment

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can recall good qualities that make a good leader.</li> <li>I know how to respect equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate leadership of a small group of peers with some confidence.</li> <li>I can demonstrate communication skills within discussions and activities.</li> <li>I often demonstrate respect for equipment and others.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate confidence and apply leadership qualities to lead large group warm-ups.</li> <li>I am hard working, resilient and eagerly accept challenges.</li> <li>I have developed respectful relationships with my peers</li> </ul>	<ul style="list-style-type: none"> <li>I am confident and competent when leading large groups of performers.</li> <li>I effectively apply methods of communication to different ages, abilities, experiences and situations.</li> <li>I often inspire others to participate and progress in sporting activity.</li> </ul>	<ul style="list-style-type: none"> <li>I demonstrate good leadership qualities both in lesson and afterschool clubs.</li> <li>I display clear communication skills, empathy and patience.</li> <li>I am respected and respectful, and I have developed a positive working relationship with staff and students across the school.</li> </ul>

Year 7: Skill Development | Skill Application | Fitness Levels | Technique | Competitive

Emerging	Developing	Achieving	Exceeding	Excelling
<ul style="list-style-type: none"> <li>I can demonstrate, with some accuracy and success, skills, techniques and tactics across a variety of activities in moderately pressured practices</li> <li>I can complete a 3-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in competitive activities</li> <li>I can complete a 5-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with consistent accuracy and success, a range of appropriate skills, techniques and tactics in challenging activities</li> <li>I can complete a 10-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with consistent precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities</li> <li>I can complete a 20-minute run</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate with outstanding precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in complex and challenging activities</li> <li>I can complete a 30-minute run</li> </ul>

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- Football
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- Rugby
- Netball
- Orienteering
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- Basketball
- Athletics
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- Rounders/bucketball
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Skills

Content