

Jesmond Park Student Learning Journey: Progress in YR 7 Physical Education Academy



•	Year 7: Knowledge Understanding Analysis Feedback Responsibility Rules			
Emerging	Developing	Achieving	Exceeding	Excelling
I can identify some reasons for needing a warm-up. I can identify a benefit for taking park in physical activity. I am beginning to understand why we have rules in sport.	I can lead an effective self-led warm-up I can identify most major muscles in the body. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance.	I can describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm-up. I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.	I can categorise many short and long-term effects of exercise on physical, mental and social well-being. I can lead an effective warm-up to the whole class. I can examine problems with technique points to correct these mistakes.	I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being. I can lead and officiate matches showing a good understanding of the rules. I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can recall good qualities that make a good	I can demonstrate leadership of a small	I can demonstrate confidence and apply	I am confident and competent when leading	I demonstrate good leadership qualities
leader.	group of peers with some confidence.	leadership qualities to lead large group	large groups of performers.	both in lesson and afterschool clubs.
I know how to respect equipment and	I can demonstrate communication skills	warm-ups.	I effectively apply methods of	I display clear communication skills,
others.	within discussions and activities.	I am hard working, resilient and eagerly	communication to different ages, abilities,	empathy and patience.
	I often demonstrate respect for equipment	accept challenges.	experiences and situations.	I am respected and respectful, and I have
	and others.	I have developed respectful relationships	I often inspire others to participate and	developed a positive working relationship
		with my peers	progress in sporting activity.	with staff and students across the school.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can demonstrate with some accuracy and	I can demonstrate with some accuracy and	I can demonstrate with some accuracy and	I can demonstrate with consistency and	I can demonstrate with some precision,
success skills, techniques and tactics across a	success, skills, techniques and tactics across	success skills, techniques and tactics across a	success skills, techniques and tactics across a	control and fluency, an extensive range of
variety of activities in isolated pressured	a variety of activities in moderately	variety of sports in competitive activities.	variety of activities challenging activities.	appropriate skills, techniques and tactics in
situations.	pressured practices.	I can complete a 5-minute run	I can complete a 10-minute run	very challenging activities
I can complete a 2-minute run	I can complete a 3-minute run.			can complete a 15-minute run

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

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In Year	In Year 8, your knowledge journey increases in challenge to include Boys Curriculum Girls Curriculum				
	dge journey includes 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	 Rugby Badminton Football Leadership through invasion games Orienteering Volleyball Hockey Health related fitness Cricket Athletics Tennis Softball 	 Football Trampolining Netball Badminton Orienteering Fitness Rugby Volleyball Athletics Tennis Rounders Bucketball Cricket



Jesmond Park Student Learning Journey: Progress in YR 8 Physical Education Academy





Content

Emerging	Developing	Achieving	Exceeding	Excelling
I can identify some reasons for needing a warm-up. I can identify a benefit for taking park in physical activity. I am beginning to understand why we have rules in sport.	I can lead an effective self-led warm-up I can identify most major muscles in the body. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance.	I can describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm-up. I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.	I can categorise many short and long-term effects of exercise on physical, mental and social well-being. I can lead an effective warm-up to the whole class. I can examine problems with technique points to correct these mistakes.	I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being. I can lead and officiate matches showing a good understanding of the rules. I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can recall good qualities that make a good	I can demonstrate leadership of a small	I can demonstrate confidence and apply	I am confident and competent when leading	I demonstrate good leadership qualities
leader.	group of peers with some confidence.	leadership qualities to lead large group	large groups of performers.	both in lesson and afterschool clubs.
I know how to respect equipment and	I can demonstrate communication skills	warm-ups.	I effectively apply methods of	I display clear communication skills,
others.	within discussions and activities.	I am hard working, resilient and eagerly	communication to different ages, abilities,	empathy and patience.
	I often demonstrate respect for equipment	accept challenges.	experiences and situations.	I am respected and respectful, and I have
	and others.	I have developed respectful relationships	I often inspire others to participate and	developed a positive working relationship
		with my peers	progress in sporting activity.	with staff and students across the school.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can demonstrate, with some accuracy and	I can demonstrate with some accuracy and	I can demonstrate with some accuracy and	I can demonstrate with precision and	I can demonstrate with consistent precision,
success basic skills, techniques and tactics in	success, skills, techniques and tactics across	success, skills, techniques and tactics across	fluency, an extensive range of appropriate	control and fluency, an extensive range of
passive practices	a variety of activities in high pressured	a variety of sports in competitive activities	skills, techniques and tactics in very	appropriate skills, techniques and tactics in
I can complete a 2-minute run.	practices	I can complete a 7-minute run	challenging activities	very challenging activities
	I can complete a 5-minute run	•	I can complete a 15-minute run	I can complete a 20-minute run

In Year 8, your	knowledge journey increases in challe	Boys Curriculum	Girls Curriculum	
In Year 7, your knowledge jour Boys Curriculum Rugby Short tennis Football Gymnastics Orienteering Basketball Hockey Health related fitness Cricket Athletics Girls C	rney includes Boys Curriculum Rugby Badminton	Girls Curriculum Football Gymnastics Rugby Netball Orienteering Fitness Hockey	 Rugby Badminton Football Leadership through invasion games Orienteering Volleyball Hockey Health related fitness Cricket Athletics Tennis Softball 	 Football Trampolining Netball Badminton Orienteering Fitness Rugby Volleyball Athletics Tennis Rounders Bucketball Cricket
Bucketball rounders Cric	·	CHERCE		



Jesmond Park Student Learning Journey: Progress in YR 9 Physical Education Academy



Content

	Year 7: Knowledge Understanding Analysis Feedback Responsibility Rules			
Emerging	Developing	Achieving	Exceeding	Excelling
warm-up. I can identify a benefit for taking park in physical activity. I am beginning to understand why we have	 I can lead an effective self-led warm-up I can identify most major muscles in the body. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance. 	I can describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm-up. I can apply my knowledge of skills and techniques and this improves my own and others' practical performance.	I can categorise many short and long-term effects of exercise on physical, mental and social well-being. I can lead an effective warm-up to the whole class. I can examine problems with technique points to correct these mistakes.	I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being. I can lead and officiate matches showing a good understanding of the rules. I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can recall good qualities that make a good	I can demonstrate leadership of a small	I can demonstrate confidence and apply	I am confident and competent when leading	I demonstrate good leadership qualities
leader.	group of peers with some confidence.	leadership qualities to lead large group	large groups of performers.	both in lesson and afterschool clubs.
I know how to respect equipment and	I can demonstrate communication skills	warm-ups.	I effectively apply methods of	I display clear communication skills,
others.	within discussions and activities.	I am hard working, resilient and eagerly	communication to different ages, abilities,	empathy and patience.
	I often demonstrate respect for equipment	accept challenges.	experiences and situations.	I am respected and respectful, and I have
	and others.	I have developed respectful relationships	I often inspire others to participate and	developed a positive working relationship
		with my peers	progress in sporting activity.	with staff and students across the school.

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

Emerging	Developing	Achieving	Exceeding	Excelling
I can demonstrate, with some accuracy and	I can demonstrate with some accuracy and	I can demonstrate with consistent accuracy	I can demonstrate with consistent precision,	I can demonstrate with outstanding
success, skills, techniques and tactics across	success, skills, techniques and tactics across	and success, a range of appropriate skills,	control and fluency, an extensive range of	precision, control and fluency, an extensive
a variety of activities in moderately	a variety of activities in competitive	techniques and tactics in challenging	appropriate skills, techniques and tactics in	range of appropriate skills, techniques and
pressured practices	activities	activities	very challenging activities	tactics in complex and challenging activities
I can complete a 3-minute run	I can complete a 5-minute run	I can complete a 10-minute run	I can complete a 20-minute run	I can complete a 30-minute run

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

ovs Curriculum

Bo	ys Curriculum
•	Rugby
•	Short tennis
•	Football
•	Gymnastics
•	Orienteering
•	Basketball
•	Hockey
•	Health relate

Year 7, your knowledge journey includes	Bo

Basketball

Rounders/bucketball

Athletics

Tennis

Cricket

oys Curriculum	Girls Curriculum
Rugby	 Football
Short tennis	 Gymnastics
Football	 Rugby
Gymnastics	 Netball
Orienteering	 Orienteering
Basketball	 Fitness
Hockey	 Hockey

Health related fitness	•
Cricket	•

Athletics Tennis

Bucketball rounders

•	Rugby
•	Badminton
•	Football
•	Gymnastics
•	Orienteering
•	Basketball
	Hadron

Hockey Health related fitness Cricket

 Tennis Softball

Athletics

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