

Year 7, 8 and 9 Physical Education					
	Embarking	Emerging	Developing	Securing	Mastering
Isolated skills and techniques	<ul style="list-style-type: none"> Demonstrates ineffective skills and techniques, with little or no precision, control and fluency in isolated practices/drills. 	<ul style="list-style-type: none"> Demonstrates basic skills and techniques with little precision, control and fluency in isolated practices/drills. 	<ul style="list-style-type: none"> Demonstrates a competent level of skills and techniques, with some precision, control and fluency in isolated practices/drills. 	<ul style="list-style-type: none"> Demonstrates a good level of skills and techniques, with good precision, control and fluency in isolated practices/drills. 	<ul style="list-style-type: none"> Demonstrates a very good level of skills and techniques, with very good precision, control and fluency in isolated practices/drills.
Applied skills and techniques	<ul style="list-style-type: none"> Demonstrates ineffective skills and techniques, with little or no precision, control and fluency, during a conditioned/ formal/ competitive situation. 	<ul style="list-style-type: none"> Demonstrates basic skills and techniques with little precision, control and fluency, during a conditioned/ formal/ competitive situation. 	<ul style="list-style-type: none"> Demonstrates a competent level of skills and techniques, with some precision, control and fluency, during a conditioned/ formal/ competitive situation. 	<ul style="list-style-type: none"> Demonstrates a good level of skills and techniques, with good precision, control and fluency, during a conditioned/ formal/ competitive situation. 	<ul style="list-style-type: none"> Demonstrates a very good level of skills and techniques, with very good precision, control and fluency, during a conditioned/ formal/ competitive situation.
Decision Making	<ul style="list-style-type: none"> Demonstrates Ineffective decision making. Rarely selects the appropriate skill/choice for the situation. 	<ul style="list-style-type: none"> Demonstrates basic decision making. Occasionally selects the appropriate skill/choice for the situation. 	<ul style="list-style-type: none"> Demonstrates competent decision making. Regularly selects the appropriate skill/choice for the situation. 	<ul style="list-style-type: none"> Demonstrates good decision making. Consistently selects the appropriate skill/choice for the situation. 	<ul style="list-style-type: none"> Demonstrates very good decision making. Always selects the appropriate skill/choice for the situation.
Fitness	<ul style="list-style-type: none"> Demonstrates ineffective levels of personal fitness. Is rarely able to meet the physical requirements of the activity. 	<ul style="list-style-type: none"> Demonstrates basic levels of personal fitness. Is occasionally able to meet the physical requirements of the activity. 	<ul style="list-style-type: none"> Demonstrates competent levels of personal fitness. Is regularly able to meet the physical requirements of the activity. 	<ul style="list-style-type: none"> Demonstrates good levels of personal fitness. Is consistently able to meet the physical requirements of the activity. 	<ul style="list-style-type: none"> Demonstrates very good levels of personal fitness. Is always able to meet the physical requirements of the activity.

Students will experience a range of sports in Years 7 to 9 (12 sports per year) which will allow them to develop age specific skills and techniques. These will be assessed at the end of every half term. Students will receive a specific grade for each sport as well as an average overall grade from all completed sports.

Examples of Sports covered over the 3 years:

Athletics, Badminton, Basketball, Cricket, Dance, Dodgeball, Fitness, Football, Gymnastics, Handball, Lacrosse, OAA, Netball, Rounders, Rugby, Softball, Table Tennis, Tennis, Ultimate Frisbee, Volleyball.