

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

| 1-EMERGING   | DEVELOPING  | SECURE   | ADVANCED  | 5-EXCEPTIONAL  |
|--|---|--|---|--|
| <ul style="list-style-type: none"> <li>I can identify some reasons for needing to complete 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 wellbeing.</li> <li>I can lead an effective warm up to the whole class.</li> <li>I can examine problems with technique and can give teaching 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 wellbeing.</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> |

| 1-EMERGING   | DEVELOPING   | SECURE   | ADVANCED  | 5-EXCEPTIONAL  |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>I can recall the 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> |

| 1-EMERGING   | DEVELOPING   | SECURE  | ADVANCED   | 5-EXCEPTIONAL   |
|--|--|---|--|---|
| <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 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 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 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 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> |

