

Year 9: Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> • I can lead an effective self-led warm up. • I can recall most major muscles in the body. • I can describe some skills and rules in some sports. • I can identify techniques, helping me to begin to improve my own performance. 	<ul style="list-style-type: none"> • I can describe how the body adapts and benefits from regular exercise. • I can take responsibility for leading a small group warm up. • I have good knowledge of skills & technique and understand how this improves my own and others practical performance. 	<ul style="list-style-type: none"> • I can describe many short and long-term effects of exercise on physical, mental and social wellbeing. • I can lead an effective warm up to the whole class. • I can identify problems with technique and can apply teaching points to correct these mistakes. 	<ul style="list-style-type: none"> • I have knowledge of different training methods and can analyse for performers sporting needs. • I display excellent understanding and can analyse ways how skills and tactics could improve the quality of performance. • I can lead others in activities and warmups to enhance students learning. 	<ul style="list-style-type: none"> • I have extensive knowledge of how the components of fitness, principles of training and the effects of exercise can improve performance. • Evaluate the technical and tactical demands of performance. • I can plan, lead, and justify an effective coaching session.
1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> • I can demonstrate leadership of a small group of peers with some confidence. • I can demonstrate communication skills within discussions and activities. • I often demonstrate respect for equipment and others. 	<ul style="list-style-type: none"> • I can demonstrate confidence and leadership qualities, often volunteer to lead large group warmups or activities. • I am hardworking resilient and eager to accept challenges. • I have developed respectful relationships with my peers. 	<ul style="list-style-type: none"> • I am confident and competent when leading large groups of performers. • I can effectively apply methods of communication to different ages, abilities, experiences and situations. • I often inspire others to participate and progress in sporting activity. 	<ul style="list-style-type: none"> • I am hardworking and helpful in lessons and at after school clubs. • I have great leadership qualities and am an active leader; I apply this in lessons and after school. • I am a positive role model, I demonstrate commitment, I participate in school sport and I am inspiring to others. 	<ul style="list-style-type: none"> • I embrace challenges, I am resilient to setbacks and always give 100%. • I have an exceptional range of effective communication skills and demonstrate these when leading large groups of performers. • I demonstrate outstanding confidence, authority and respect when officiating leading and participating.
1-EMERGING	DEVELOPING	SECURE	ADVANCED	5-EXCEPTIONAL
<ul style="list-style-type: none"> • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in moderately pressured practices. • I can complete a 3-minute run. 	<ul style="list-style-type: none"> • I can demonstrate with some accuracy and success skills, techniques and tactics across a variety of sports in competitive activities. • I can complete a 5-minute run. 	<ul style="list-style-type: none"> • I can demonstrate, with consistent accuracy and success, a range of appropriative skills, techniques, and tactics in challenging activities. • I can complete a 10-minute run. 	<ul style="list-style-type: none"> • I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriative skills, techniques and tactics in very challenging activities. • I can complete a 20-minute run. 	<ul style="list-style-type: none"> • I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriative skills, techniques, and tactics in complex and challenging activities. • I can complete a 30-minute run.

