

PE - YEAR 9



HEAD

- KNOWLEDGE
- UNDERSTANDING
 - ANALYSIS
 - FEEDBACK
- RESPONSIBILITY
- RULES

EMERGING

- I can lead an effective self-led warm up.
- I can describe how the body adapts and benefits from regular exercise.
- 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.

DEVELOPING

- I can describe many short and long-term effects of exercise on physical, mental and social wellbeing.
- I can take responsibility for leading a small group warm up.
- I have good knowledge of skills and technique and understand how this improves my own and others' practical performance.

SECURE

- I have knowledge of different training methods and how these can be applied to meet the demands of a performer.
- I can lead an effective warm up to a large group of students.
- I can identify problems with technique and can apply teaching points to correct these mistakes.

EXCELLING

- I have knowledge of how the components of fitness, principles of training and the effects of exercise can improve performance.
 - I display excellent understanding and can analyse ways how skills and tactics could improve the quality of performance.
- I can lead others in activities to enhance students' learning.



HEART

- COMMUNICATION
- LEADERSHIP
- RESPECT
- RESILIENCE
- EFFORT
- CONFIDENCE

EMERGING

- 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.

DEVELOPING

- I can demonstrate confidence and leadership qualities, often volunteer to lead warm ups.
- I am hardworking, resilient and eager to accept challenges.
- I have developed respectful relationships with my peers.

SECURE

- I am confident and competent when leading 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.

EXCELLING

- I am hardworking and helpful in lessons and at after-school clubs.
- I embrace challenges, I am resilient to setbacks and always give 100%.
 - I have great leadership qualities and am an active leader in lessons.
- I am a positive role model, I demonstrate commitment, I participate in school sport and I am inspiring to others.



HANDS

- PHYSICAL ABILITY
- FITNESS LEVELS
- COMPETITIVE
- TECHNIQUE
- TACTICS
- PROBLEM SOLVING

EMERGING

- I can demonstrate with some accuracy and success, basic skills, techniques and tactics across a variety of activities in isolated drill and moderately pressured practices.
- I can complete a 5-minute run.

DEVELOPING

- I can demonstrate with accuracy and success basic skills, techniques and tactics across a variety of sports in competitive activities.
 - I can complete a 10-minute run.

SECURE

- I can demonstrate, with consistent accuracy and success, a range of basic and advanced skills, techniques, and tactics in challenging activities.
- I can complete a 15-minute run.

EXCELLING

- I can demonstrate, with consistent precision, control and fluency, an extensive range of basic and advanced skills, techniques and tactics in very challenging activities.
- I can complete a 20-minute run.