**Subject: Physical Education**

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|  | **Year 8 – Novice** | **Year 8 – Capable** | **Year 8 – Expert** |
| **Performance** | **Netball** | **Students should be able to:** * Pass and receive the ball with a basic level of accuracy.
* Apply footwork with a basic level of control.
* Move into space with a basic level of fluency and awareness of other players.
* Apply shooting technique with a basic level of accuracy.
* Demonstrate defending and marking with a basic level of precision and apply to some competitive situations.
* Contribute to open play with some influence on the performance of the team.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules, positions and know where they are allowed on court.
 | **Students should be able to:** * Pass and receive the ball with a competent level of accuracy and precision.
* Apply footwork with a competent level of control and precision.
* Move into space with a competent level of fluency, awareness of other players and timing.
* Apply shooting technique with a competent level of accuracy and precision.
* Demonstrate defending and marking with a competent level of precision and apply to most competitive situations.
* Contribute to open play, often able to influence the performance of the team
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules, positions, where they are allowed on court and who they mark.
 | **Students should be able to:** * Pass and receive the ball with a good level of accuracy and precision.
* Apply footwork with a good level of control and precision.
* Move into space with a good level of fluency, awareness of other players and timing.
* Apply shooting technique with a good level of accuracy and precision.
* Demonstrate defending and marking with a good level of precision and apply to most competitive situations.
* Contribute to open play competently and able to influence the performance of the team.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Distinguish between and explain different rules, positions, where they are allowed on court, who they mark and recognise when a player is offside.
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| **Health Related Fitness** | **Students should be able to:** * State some of the methods of training.
* Identify some of the benefits for each method of training.
* Recall some of the components of fitness.
* Identify some fitness tests and of components of fitness measured.
* Demonstrate a sufficient level of physical fitness in different methods of training and fitness tests.
 | **Students should be able to:** * Identify many of the methods of training and state some of the characteristics for each.
* Identify the benefits for different training methods.
* Describe the different components of fitness and link to sporting examples.
* Identify the different fitness tests and describe some of the components of fitness measured.
* Demonstrate a competent level of physical fitness in different methods of training and fitness tests.
 | **Students should be able to:** * Describe and identify the characteristics of all the methods of training covered and what these sessions could include.
* Identify the benefits for different training methods and link to specific sporting examples.
* Describe most of the components of fitness and link to more than one sporting example.
* Explain different fitness tests, describe some of the components of fitness measured and recall the protocol for most tests.
* Demonstrate a good level of physical fitness in different methods of training and fitness tests.
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| **Football** | **Students should be able to:** * Pass and receive the ball with a basic level of accuracy.
* Move and run with the ball showing a basic level of control.
* Turn with the ball showing a basic level of precision.
* Apply shooting and striking technique with a basic level of accuracy.
* Demonstrate defending and tackling with a basic level of precision.
* Contribute to open play with some influence on the performance of the team.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules, positions and tactics with some application to competitive situations.
 | **Students should be able to:** * Pass and receive the ball with a competent level of accuracy and precision.
* Move and run with the ball showing a competent level of control and fluency.
* Turn with the ball showing a competent level of precision and fluency.
* Apply shooting and striking technique with a competent level of accuracy and precision.
* Demonstrate defending and tackling with a competent level of precision and fluency.
* Contribute to open play, often able to influence the performance of the team.
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules, positions and tactics with application to most competitive situations.

  | **Students should be able to:** * Pass and receive the ball with a good level of accuracy and precision.
* Move and run with the ball showing a good level of control and fluency.
* Turn with the ball showing a good level of precision and fluency.
* Apply shooting and striking technique with a good level of accuracy and precision.
* Demonstrate defending and tackling with a good level of precision and fluency.
* Contribute to open play competently and able to influence the performance of the team.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules, positions and tactics with application to competitive situations when under pressure.
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| **Table Tennis** | **Students should be able to:** * Apply the correct grip and ready position with a basic level of accuracy.
* Move at and around the table with a basic level of fluency.
* Serve using the forehand and backhand technique with a basic level of accuracy.
* Demonstrate a forehand and backhand push shot with a basic level of precision.
* Apply a forehand and backhand topspin with a basic level of precision.
* Demonstrate a slice shot with a basic level of accuracy and precision.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules used in singles games and score with some confidence.
 | **Students should be able to:** * Apply the correct grip and ready position with a competent level of accuracy and precision.
* Move at and around the table with a competent level of fluency and control.
* Serve using the forehand and backhand technique with a competent level of accuracy and precision.
* Demonstrate a forehand and backhand push shot with a competent level of precision and fluency.
* Apply a forehand and backhand topspin with a competent level of precision and fluency.
* Demonstrate a slice shot with a competent level of accuracy and precision.
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules used in singles games and score with confidence.
 | **Students should be able to:** * Apply the correct grip and ready position with a good level of accuracy and precision.
* Move at and around the table with a good level of fluency and control.
* Serve using the forehand and backhand technique with a good level of accuracy and precision.
* Demonstrate a forehand and backhand push shot with a good level of precision and fluency.
* Apply a forehand and backhand topspin with a good level of precision and fluency.
* Demonstrate a slice shot with a good level of accuracy and precision.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules used in singles games, score confidently and apply consequences of rule breaks.
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|  | **Handball** | **Students should be able to:** * Pass and receive the ball with a basic level of accuracy.
* Apply footwork with a basic level of control.
* Move and dribble with the ball showing a basic level of fluency.
* Demonstrate shooting technique with a basic level of accuracy.
* Apply attacking techniques with a basic level of fluency.
* Demonstrate defending and blocking with a basic level of precision.
* Contribute to open play with some influence on the performance of the team.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules, positions and tactics with some application to competitive situations.
 | **Students should be able to:** * Pass and receive the ball with a competent level of accuracy and precision.
* Apply footwork with a competent level of control and precision.
* Move and dribble with the ball showing a competent level of fluency and accuracy.
* Demonstrate shooting technique with a competent level of accuracy and precision.
* Apply attacking techniques with a competent level of fluency and accuracy.
* Demonstrate defending and blocking with a competent level of precision and accuracy.
* Contribute to open play, often able to influence the performance of the team.
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules, positions and tactics with application to most competitive situations.
 | **Students should be able to:** * Pass and receive the ball with a good level of accuracy and precision.
* Apply footwork with a good level of control and precision.
* Move and dribble with the ball showing a good level of fluency and accuracy.
* Demonstrate shooting technique with a good level of accuracy and precision.
* Apply attacking techniques with a good level of fluency and accuracy.
* Demonstrate defending and blocking with a good level of precision and accuracy.
* Contribute to open play competently and able to influence the performance of the team.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules, positions and tactics with application to most competitive situations when under pressure.
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|  | **Badminton** | **Students should be able to:** * Apply the forehand and backhand grip and ready position with a basic level of accuracy.
* Move around the court with a basic level of fluency.
* Serve using the low and high technique with a basic level of accuracy,
* Demonstrate overhead shots with a basic level of precision.
* Apply a net shot and drop shot with a basic level of accuracy.
* Demonstrate a smash shot with a basic level of accuracy.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules, court lines used in singles games and score with some confidence.
 | **Students should be able to:** * Apply the forehand and backhand grip and ready position with a competent level of accuracy and precision.
* Move around court with a competent level of fluency and control.
* Serve using the low and high technique with a competent level of accuracy and precision.
* Demonstrate overhead shots with a competent level of precision.
* Apply a net shot and drop shot with a competent level of accuracy and fluency.
* Demonstrate a smash shot with a competent level of accuracy and precision.
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules, court lines used in singles games and score with confidence.
 | **Students should be able to:** * Apply the forehand and backhand grip and ready position with a good level of accuracy and precision.
* Move around court with a good level of fluency and control.
* Serve using the low and high technique with a good level of accuracy and precision.
* Demonstrate overhead shots with a good level of precision.
* Apply a net shot and drop shot with a good level of accuracy and fluency.
* Demonstrate a smash shot with a good level of accuracy and precision.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules used in singles games, score confidently and apply consequences of rule breaks.
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|  | **OAA** | **Students should be able to:** * Describe some of the basic terminology used in OAA e.g., leadership, teamwork etc.
* Communicate regularly within a group to share ideas.
* Solve problems with a basic level of efficiency.
* Work in a group with a basic level of efficiency, trust and cooperation.
* Apply map reading skills with a basic level of precision.
* Employ 4 figure and 6 figure grid references with a basic level of accuracy to find control points on a map.
* Apply compass reading with a basic level of precision.
 | **Students should be able to:** * Explain some of the basic terminology used in OAA e.g., leadership, teamwork etc.
* Communicate ideas easily and consistently within a group to share thoughts and ideas.
* Solve problems with a competent level of efficiency.
* Work in a group with a competent level of efficiency, trust and cooperation.
* Apply map reading skills with a competent level of precision.
* Employ 4 figure and 6 figure grid references with a competent level of accuracy to find control points on a map.
* Apply compass reading with a competent level of precision.
 | **Students should be able to:** * Explain most of the basic terminology used in OAA e.g., leadership, teamwork etc.
* Lead the communication consistently within a group to share thoughts and ideas, guiding the group to a conclusion.
* Solve problems with a good level of efficiency.
* Work in a group with a good level of efficiency, trust and cooperation.
* Apply map reading skills with a good level of precision.
* Employ 4 figure and 6 figure grid references with a good level of accuracy to find control points on a map.
* Apply compass reading with a good level of precision.
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|  | **Gymnastics** | **Students should be able to:** * Identify terminology linked to gymnastics e.g., counterbalance, extension and tension.
* Demonstrate individual balances with a basic level of control and accuracy and occasionally sustaining balances for 3 seconds with tension.
* Perform partner balances with a basic level of control, coordination and timing and occasionally sustaining balances for 3 seconds with tension.
* Work collectively to demonstrate group balances with a basic level of control, coordination and timing and occasionally sustaining balances for 3 seconds with tension.
* Demonstrate some rolls and shapes with a basic level of control and fluency.
* Choreograph a gymnastics routine incorporating different transitions, balances and skills e.g., travel, rolls and jumps and perform some of the routine with confidence.
 | **Students should be able to:** * Describe terminology linked to gymnastics e.g., counterbalance, extension and tension.
* Demonstrate individual balances with a competent level of control and accuracy and mostly sustaining balances for 3+ seconds with tension.
* Perform partner balances with a competent level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.
* Work collectively to demonstrate group balances with a competent level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.
* Demonstrate different rolls and shapes with a competent level of control and fluency.
* Choreograph a gymnastics routine incorporating different transitions, balances and skills e.g., travel, rolls and jumps and perform most of the routine with confidence.
 | **Students should be able to:** * Explain terminology linked to gymnastics e.g., counterbalance, extension and tension.
* Demonstrate advanced individual balances with a good level of control and accuracy and sustain these for 3+ seconds with tension.
* Perform partner balances with a good level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.
* Work collectively to demonstrate group balances with a good level of control, coordination and timing and sustaining balances for 3+ seconds with tension.
* Demonstrate advanced rolls and shapes with a good level of control and fluency.
* Choreograph a gymnastics routine incorporating different transitions, balances and skills e.g., travel, rolls and jumps and perform the whole routine with confidence.
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|  | **Basketball** | **Students should be able to:** * Pass and receive the ball with a basic level of accuracy.
* Apply footwork with a basic level of control.
* Move and dribble with the ball showing a basic level of fluency.
* Demonstrate shooting technique with a basic level of accuracy.
* Apply attacking techniques with a basic level of fluency.
* Demonstrate defending and blocking with a basic level of precision.
* Contribute to open play with some influence on the performance of the team.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents’ actions.
* Identify some of the different rules, positions and tactics with some application to competitive situations.
 | **Students should be able to:** * Pass and receive the ball with a competent level of accuracy and precision.
* Apply footwork with a competent level of control and precision.
* Move and dribble with the ball showing a competent level of fluency and accuracy.
* Demonstrate shooting technique with a competent level of accuracy and precision.
* Apply attacking techniques with a competent level of fluency and accuracy.
* Demonstrate defending and blocking with a competent level of precision and accuracy.
* Contribute to open play, often able to influence the performance of the team.
* Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions.
* Describe some of the different rules, positions and tactics with application to most competitive situations.
 | **Students should be able to:** * Pass and receive the ball with a good level of accuracy and precision.
* Apply footwork with a good level of control and precision.
* Move and dribble with the ball showing a good level of fluency and accuracy.
* Demonstrate shooting technique with a good level of accuracy and precision.
* Apply attacking techniques with a good level of fluency and accuracy.
* Demonstrate defending and blocking with a good level of precision and accuracy.
* Contribute to open play competently and able to influence the performance of the team.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules, positions and tactics with application to competitive situations when under pressure.
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|  | **Athletics** | **Students should be able to:** * Perform sprint technique with a basic level of posture, stride length and coordination of the legs and arms.
* Demonstrate sprint starts with a basic level of accuracy and reaction time.
* Apply a basic level of pacing during middle to long-distance race.
* Perform jumps with a basic level of speed, coordination and rhythm between the different phases.
* Demonstrate throws with a basic level of precision, timing and movement.
* Identify some of the different rules and techniques for track and field events.
* Time and measure distances with some confidence across track and field events.
 | **Students should be able to:** * Perform sprint technique with a competent level of posture, stride length and coordination of the legs and arms.
* Demonstrate sprint starts with a competent level of accuracy and reaction time.
* Apply a competent level of pacing during middle to long-distance race.
* Perform jumps with a competent level of speed, coordination and rhythm between the different phases.
* Demonstrate throws with a competent level of precision, timing and movement.
* Identify most of the different rules and techniques for track and field events.
* Officiate some competitive events and time and measure distances with some confidence across track and field events.
 | **Students should be able to:** * Perform sprint technique with a good level of posture, stride length and coordination of the legs and arms.
* Demonstrate sprint starts with a good level of accuracy and reaction time.
* Apply a good level of pacing during middle to long-distance race.
* Perform jumps with a good level of speed, coordination and rhythm between the different phases.
* Demonstrate throws with a good level of precision of grip, timing and movement.
* Explain and apply most of the different rules and techniques for track and field events.
* Officiate varying competitive events and time and measure distances with confidence.
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|  | **Striking and Fielding** | **Students should be able to:** * Throw and catch with a basic level of accuracy.
* Apply batting technique with a basic level of accuracy and timing.
* Demonstrate bowling/pitching technique with a basic level of precision and fluency.
* Contribute to fielding play with a basic level of movement in outfield and/or when covering posts/bases.
* Run between posts/bases with a basic level of efficiency and awareness of the game and other players.
* Communicate with others showing some influence on the performance of the team.
* Demonstrate some awareness and attempt to adapt to tactical changes in response to the opposing team’s actions.
* Identify some of the different rules, positions and tactics with some application to game play.
 | **Students should be able to:** * Throw and catch with a competent level of accuracy.
* Apply batting technique with a competent level of accuracy and timing.
* Demonstrate bowling/pitching technique with a competent level of precision and fluency.
* Contribute to fielding play with a competent level of movement in outfield and/or when covering posts/bases.
* Run between posts/bases with a competent level of efficiency and awareness of the game and other players.
* Communicate with others and is often able to influence the performance of the team.
* Demonstrate some effective attempts to adapt to tactical changes in response to the opposing team’s actions.
* Describe some of the different rules, positions and tactics with application to most game situations.
 | **Students should be able to:** * Throw and catch with a good level of accuracy.
* Apply batting technique with a good level of accuracy and timing.
* Demonstrate bowling/pitching technique with a good level of precision and fluency.
* Contribute to fielding play with a good level of movement in outfield and/or when covering posts/bases.
* Run between posts/bases with a good level of efficiency and awareness of the game and other players.
* Communicate with others effectively and able to influence the performance of the team.
* Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play.
* Explain most of the different rules, positions and tactics with application to game situations when under pressure.
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| **Development and Coaching** | **Students should be able to:** * Identify one way to improve own and others’ performance.
* Identify one strength in own and others’ performance.
* Identify basic rules used in various sports and can apply some to competitive games.
* Lead one other student in an activity.
* Communicates regularly within a group to share ideas.
* Acknowledge fair play in a team scenario and apply this in competitive situations.
 | **Students should be able to:** * Explain numerous ways to improve own and others’ performance.
* Explain numerous strengths in own and others’ performance.
* Describe basic rules used in various sports and can apply many to competitive games.
* Lead a small group in an activity.
* Communicate ideas easily and consistently within a group to share thoughts and ideas.
* Work collaboratively with team and helps to guide others and make decisions collectively.
 | **Students should be able to:** * Analyse own and others’ performance using sport-specific terminology, implementing improvements where possible.
* Analyse strengths in own and other’s performance using sport-specific terminology.
* Explain and apply rules in various sports and can apply this in competitive games and umpire short games.
* Lead a bigger group in an activity.
* Communicate with ease in a group and can involve and motivate other students.
* Take on different roles in a team scenario and drive decisions in group.
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| **Theoretical Elements** | **Students should be able to:** * State and name some of the methods of training.
* Identify some of the components of fitness developed in various methods of training.
* Locate some of the joints in the body.
* Classify some of the joints in the body.
* Recognise some of the ranges of movement available at specific joints.
* State the terms flexion and extension.
* Identify some of the short-term effects of exercise on the different systems.
 | **Students should be able to:** * Identify most of the methods of training covered.
* Identify the components of fitness developed in various methods of training.
* Locate the joints in the body and know what a joint is.
* Classify most of the joints in the body.
* Link most of the joint classifications to the range of movement available.
* Recognise what most of the movement types look like in practice.
* Identify numerous short-term effects of exercise on the different systems.
 | **Students should be able to:** * Identify the different methods of training and what these sessions could include.
* Evaluate the best training method for developing different components of fitness.
* Locate the different joints in the body, define a joint and apply to different sports examples.
* Classify all the joints in the body and spell the joint classifications correctly.
* Identify the range of movement available at all the joint classifications.
* Apply all the movement types to different sporting examples.
* Identify numerous short-term effects of exercise on the different systems and relate to practical situations.
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