

# Physical Education

		Year 7 – Emerging	Year 7 – Secure	Year 7 – Exceeding
Performance	Football	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with little accuracy.</li> <li>Move and run with the ball showing little control.</li> <li>Turn with the ball showing little precision.</li> <li>Apply shooting and striking technique with little accuracy.</li> <li>Demonstrate defending and tackling with little precision.</li> <li>Contribute to open play with little influence on the performance of the team.</li> <li>Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>State some of the different rules and positions.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a basic level of accuracy.</li> <li>Move and run with the ball showing a basic level of control.</li> <li>Turn with the ball showing a basic level of precision.</li> <li>Apply shooting and striking technique with a basic level of accuracy.</li> <li>Demonstrate defending and tackling with a basic level of precision.</li> <li>Contribute to open play with some influence on the performance of the team.</li> <li>Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>Identify some of the different rules, positions, and tactics with some application to competitive situations.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a competent level of accuracy and precision.</li> <li>Move and run with the ball showing a competent level of control and fluency.</li> <li>Turn with the ball showing a competent level of precision and fluency.</li> <li>Apply shooting and striking technique with a competent level of accuracy and precision.</li> <li>Demonstrate defending and tackling with a competent level of precision and fluency.</li> <li>Contribute to open play, often able to influence the performance of the team.</li> <li>Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li> <li>Describe some of the different rules, positions, and tactics with application to most competitive situations.</li> </ul>
	Netball	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with little accuracy.</li> <li>Apply footwork with little control.</li> <li>Move into space with little fluency.</li> <li>Apply shooting technique with little accuracy.</li> <li>Demonstrate defending and marking with little precision.</li> <li>Contribute to open play with little influence on the performance of the team.</li> <li>Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>State some of the different rules and positions.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a basic level of accuracy.</li> <li>Apply footwork with a basic level of control.</li> <li>Move into space with a basic level of fluency and awareness of other players.</li> <li>Apply shooting technique with a basic level of accuracy.</li> <li>Demonstrate defending and marking with a basic level of precision and apply to some competitive situations.</li> <li>Contribute to open play with some influence on the performance of the team.</li> <li>Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>Identify some of the different rules, positions and know where they are allowed on court.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a competent level of accuracy and precision.</li> <li>Apply footwork with a competent level of control and precision.</li> <li>Move into space with a competent level of fluency, awareness of other players and timing.</li> <li>Apply shooting technique with a competent level of accuracy and precision.</li> <li>Demonstrate defending and marking with a competent level of precision and apply to most competitive situations.</li> <li>Contribute to open play, often able to influence the performance of the team.</li> <li>Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li> <li>Describe some of the different rules, positions, where they are allowed on court and who they mark.</li> </ul>
	Basketball	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with little accuracy.</li> <li>Apply footwork with little control.</li> <li>Move and dribble with the ball showing little fluency.</li> <li>Demonstrate shooting technique with little accuracy.</li> <li>Apply attacking techniques with little fluency.</li> <li>Demonstrate defending and blocking with little precision.</li> <li>Contribute to open play with little influence on the performance of the team.</li> <li>Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>State some of the different rules and positions.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a basic level of accuracy.</li> <li>Apply footwork with a basic level of control.</li> <li>Move and dribble with the ball showing a basic level of fluency.</li> <li>Demonstrate shooting technique with a basic level of accuracy.</li> <li>Apply attacking techniques with a basic level of fluency.</li> <li>Demonstrate defending and blocking with a basic level of precision.</li> <li>Contribute to open play with some influence on the performance of the team.</li> <li>Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>Identify some of the different rules, positions, and tactics with some application to competitive situations.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Pass and receive the ball with a competent level of accuracy and precision.</li> <li>Apply footwork with a competent level of control and precision.</li> <li>Move and dribble with the ball showing a competent level of fluency and accuracy.</li> <li>Demonstrate shooting technique with a competent level of accuracy and precision.</li> <li>Apply attacking techniques with a competent level of fluency and accuracy.</li> <li>Demonstrate defending and blocking with a competent level of precision and accuracy.</li> <li>Contribute to open play, often able to influence the performance of the team.</li> <li>Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li> <li>Describe some of the different rules, positions and tactics with application to most competitive situations.</li> </ul>
	Dance	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Recognise what ASDR (action, space, dynamics, and relationships) means in choreography.</li> <li>Demonstrate actions and movements with little control, precision, and timing with the group.</li> <li>Employ some spatial content, formations and levels with little control and fluency.</li> <li>Apply dynamics to choreography with little contrast between different movements and little fluency.</li> <li>Demonstrate some relationships (e.g., unison, mirroring, canon and contact work) with little timing and coordination with other students.</li> <li>Link together different actions and movements with little timing and fluency.</li> <li>Perform choreography with little confidence and concentration during performance.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Describe what ASDR (action, space, dynamics and relationships) means in choreography and give some examples of devices that can be used</li> <li>Demonstrate actions and movements with a basic level of control, precision, and timing with the group.</li> <li>Employ some spatial content, formations, and levels with a basic level of control and fluency.</li> <li>Apply dynamics to choreography with some contrast between different movements being used and a basic level of fluency.</li> <li>Demonstrate some relationships (e.g., unison, mirroring, canon and contact work) with a basic level of timing and coordination with other students.</li> <li>Link together different actions and movements with a basic level of timing and fluency.</li> <li>Perform choreography with some confidence and concentration during performance.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Explain what ASDR (action, space, dynamics, and relationships) means in choreography and give many examples of devices that can be used.</li> <li>Demonstrate actions and movements with a competent level of control, precision, and timing with the group.</li> <li>Employ different spatial content, formations, and levels with a competent level of control and fluency.</li> <li>Apply dynamics to choreography with evident contrast between different movements being used and a competent level of fluency.</li> <li>Demonstrate numerous different relationships (e.g., unison, mirroring, canon and contact work) with a competent level of timing and coordination with other students.</li> <li>Link together different actions and movements with a competent level of timing and fluency.</li> <li>Perform choreography with confidence and concentration during performance.</li> </ul>
	Badminton	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Apply the forehand and backhand grip and ready position with little accuracy.</li> <li>Move around the court with little fluency.</li> <li>Serve using the low and high technique with little accuracy.</li> <li>Demonstrate overhead shots with little precision.</li> <li>Apply a net shot with little accuracy.</li> <li>Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>State some of the different rules, court lines used in singles games and score with little confidence.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Apply the forehand and backhand grip and ready position with a basic level of accuracy.</li> <li>Move around the court with a basic level of fluency.</li> <li>Serve using the low and high technique with a basic level of accuracy.</li> <li>Demonstrate overhead shots with a basic level of precision.</li> <li>Apply a net shot with a basic level of accuracy.</li> <li>Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li> <li>Identify some of the different rules, court lines used in singles games and score with some confidence.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>Apply the forehand and backhand grip and ready position with a competent level of accuracy and precision.</li> <li>Move around court with a competent level of fluency and control.</li> <li>Serve using the low and high technique with a competent level of accuracy and precision.</li> <li>Demonstrate overhead shots with a competent level of precision.</li> <li>Apply a net shot with a competent level of accuracy.</li> <li>Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li> <li>Describe some of the different rules, court lines used in singles games and score with confidence.</li> </ul>

	<b>Health Related Fitness</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ State what PARQ stands for.</li><li>▪ Identify some fitness tests.</li><li>▪ Recognise some of the components of fitness measured in fitness tests.</li><li>▪ Recall how to set up some fitness tests.</li><li>▪ Demonstrate a sufficient level of physical fitness in different fitness tests.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Identify what a PARQ is and when it is used.</li><li>▪ Identify many different fitness tests and state most of the components of fitness measured.</li><li>▪ Apply the different components of fitness to different sports.</li><li>▪ Set up different fitness tests following instructions and recall some of the protocol for tests.</li><li>▪ Demonstrate a competent level of physical fitness in different fitness tests.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Describe what a PARQ is, why it is important and give examples of questions included.</li><li>▪ Identify most fitness tests, what component of fitness is measured and describe some of the components of fitness.</li><li>▪ Apply the different components of fitness to several sporting examples and explain why they are important to the athlete(s).</li><li>▪ Set up fitness tests and explain the protocol for each test.</li><li>▪ Demonstrate a good level of physical fitness in different fitness tests.</li></ul>
	<b>Table Tennis</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and ready position with little accuracy.</li><li>▪ Move at and around the table with little fluency.</li><li>▪ Serve using the forehand and backhand technique with little accuracy.</li><li>▪ Demonstrate a forehand and backhand push shot with little precision.</li><li>▪ Apply a forehand topspin with little precision.</li><li>▪ Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ State some of the different rules used in singles games and score with little confidence.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and ready position with a basic level of accuracy.</li><li>▪ Move at and around the table with a basic level of fluency.</li><li>▪ Serve using the forehand and backhand technique with a basic level of accuracy.</li><li>▪ Demonstrate a forehand and backhand push shot with a basic level of precision.</li><li>▪ Apply a forehand topspin with a basic level of precision.</li><li>▪ Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Identify some of the different rules used in singles games and score with some confidence.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and ready position with a competent level of accuracy and precision.</li><li>▪ Move at and around the table with a competent level of fluency and control.</li><li>▪ Serve using the forehand and backhand technique with a competent level of accuracy and precision.</li><li>▪ Demonstrate a forehand and backhand push shot with a competent level of precision and fluency.</li><li>▪ Apply a forehand topspin with a competent level of precision and fluency.</li><li>▪ Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Describe some of the different rules used in singles games and score with confidence.</li></ul>
	<b>Handball</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Pass and receive the ball with little accuracy.</li><li>▪ Apply footwork with little control.</li><li>▪ Move and dribble with the ball showing little fluency.</li><li>▪ Demonstrate shooting technique with little accuracy.</li><li>▪ Apply attacking techniques with little fluency.</li><li>▪ Demonstrate defending and blocking with little precision.</li><li>▪ Contribute to open play with little influence on the performance of the team.</li><li>▪ Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ State some of the different rules and positions.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Pass and receive the ball with a basic level of accuracy.</li><li>▪ Apply footwork with a basic level of control.</li><li>▪ Move and dribble with the ball showing a basic level of fluency.</li><li>▪ Demonstrate shooting technique with a basic level of accuracy.</li><li>▪ Apply attacking techniques with a basic level of fluency.</li><li>▪ Demonstrate defending and blocking with a basic level of precision.</li><li>▪ Contribute to open play with some influence on the performance of the team.</li><li>▪ Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Identify some of the different rules, positions, and tactics with some application to competitive situations.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Pass and receive the ball with a competent level of accuracy and precision.</li><li>▪ Apply footwork with a competent level of control and precision.</li><li>▪ Move and dribble with the ball showing a competent level of fluency and accuracy.</li><li>▪ Demonstrate shooting technique with a competent level of accuracy and precision.</li><li>▪ Apply attacking techniques with a competent level of fluency and accuracy.</li><li>▪ Demonstrate defending and blocking with a competent level of precision and accuracy.</li><li>▪ Contribute to open play, often able to influence the performance of the team.</li><li>▪ Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Describe some of the different rules, positions, and tactics with application to most competitive situations.</li></ul>
	<b>Hockey</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and stance with little accuracy and control.</li><li>▪ Pass and receive the ball with little accuracy.</li><li>▪ Move, run, and dribble with the ball showing little fluency.</li><li>▪ Apply attacking techniques with little fluency to outwit opponents.</li><li>▪ Demonstrate defending and tackling with little precision.</li><li>▪ Demonstrate shooting technique with little accuracy.</li><li>▪ Contribute to open play with little influence on the performance of the team.</li><li>▪ Demonstrate little awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ State some of the different rules and positions.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and stance with a basic level of accuracy and control.</li><li>▪ Pass and receive the ball with a basic level of accuracy.</li><li>▪ Move, run, and dribble with the ball showing a basic level of fluency.</li><li>▪ Apply attacking techniques with a basic level of fluency to outwit opponents.</li><li>▪ Demonstrate defending and tackling with a basic level of precision.</li><li>▪ Demonstrate shooting technique with a basic level of accuracy.</li><li>▪ Contribute to open play with some influence on the performance of the team.</li><li>▪ Demonstrate some awareness and attempt to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Identify some of the different rules, positions, and tactics with some application to competitive situations.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Apply the correct grip and stance with a competent level of accuracy and precision, and control.</li><li>▪ Pass and receive the ball with a competent level of accuracy and precision.</li><li>▪ Move, run, and dribble with the ball showing a competent level of fluency and accuracy.</li><li>▪ Apply attacking techniques with a competent level of fluency and accuracy to outwit opponents.</li><li>▪ Demonstrate defending and blocking with a competent level of precision and accuracy.</li><li>▪ Demonstrate shooting technique with a competent level of accuracy and precision.</li><li>▪ Contribute to open play, often able to influence the performance of the team.</li><li>▪ Demonstrate some effective attempts to adapt to tactical changes in response to their opponents' actions.</li><li>▪ Describe some of the different rules, positions, and tactics with application to most competitive situations.</li></ul>
	<b>OAA</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Recognise some of the basic terminology used in OAA e.g., leadership, guidance etc.</li><li>▪ State the different types of guidance.</li><li>▪ Communicate occasionally with others in a group scenario.</li><li>▪ Identify the role of a leader within a group and apply little leadership within tasks.</li><li>▪ Solve problems with some efficiency.</li><li>▪ Work in a group with some efficiency, trust and cooperation.</li><li>▪ Apply map reading skills with little precision.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Describe some of the basic terminology used in OAA e.g., leadership, guidance etc.</li><li>▪ Describe the different types of guidance and apply to different tasks.</li><li>▪ Communicate regularly within a group to share ideas.</li><li>▪ Describe the role of a leader within a group and apply some leadership within tasks.</li><li>▪ Solve problems with a basic level of efficiency.</li><li>▪ Work in a group with a basic level of efficiency, trust and cooperation.</li><li>▪ Apply map reading skills with a basic level of precision.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Explain some of the basic terminology used in OAA e.g., leadership, guidance etc.</li><li>▪ Explain the different types of guidance, when each type would be important and apply to different tasks with confidence.</li><li>▪ Communicate ideas easily and consistently within a group to share thoughts and ideas.</li><li>▪ Explain the role of a leader within a group and apply leadership within most tasks.</li><li>▪ Solve problems with a competent level of efficiency.</li><li>▪ Work in a group with a competent level of efficiency, trust and cooperation.</li><li>▪ Apply map reading skills with a competent level of precision.</li></ul>

	Athletics	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Perform sprint technique with some posture, a lack of stride length and coordination of the legs and arms.</li><li>▪ Demonstrate sprint starts with little accuracy and reaction time.</li><li>▪ Apply pacing with little effectiveness during middle to long-distance races.</li><li>▪ Perform jumps with little speed, coordination, and rhythm between the different phases.</li><li>▪ Demonstrate throws with little precision, timing, and movement.</li><li>▪ State some of the different rules and techniques for track and field events.</li><li>▪ Time and measure distances with little confidence across track and field events.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Perform sprint technique with a basic level of posture, stride length and coordination of the legs and arms.</li><li>▪ Demonstrate sprint starts with a basic level of accuracy and reaction time.</li><li>▪ Apply a basic level of pacing during middle to long-distance race.</li><li>▪ Perform jumps with a basic level of speed, coordination, and rhythm between the different phases.</li><li>▪ Demonstrate throws with a basic level of precision, timing, and movement.</li><li>▪ Identify some of the different rules and techniques for track and field events.</li><li>▪ Time and measure distances with some confidence across track and field events.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Perform sprint technique with a competent level of posture, stride length and coordination of the legs and arms.</li><li>▪ Demonstrate sprint starts with a competent level of accuracy and reaction time.</li><li>▪ Apply a competent level of pacing during middle to long-distance race.</li><li>▪ Perform jumps with a competent level of speed, coordination, and rhythm between the different phases.</li><li>▪ Demonstrate throws with a competent level of precision, timing, and movement.</li><li>▪ Identify most of the different rules and techniques for track and field events.</li><li>▪ Officiate some competitive events and time and measure distances with some confidence across track and field events.</li></ul>
	Striking and fielding	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Throw and catch with little accuracy.</li><li>▪ Apply batting technique with little accuracy and timing.</li><li>▪ Demonstrate bowling/pitching technique with little precision and fluency.</li><li>▪ Contribute to fielding play with little movement in outfield and/or when covering posts/bases.</li><li>▪ Run between posts/bases with little efficiency and awareness of the game and other players.</li><li>▪ Communicate with others showing little influence on the performance of the team.</li><li>▪ Demonstrate little awareness and attempt to adapt to tactical changes in response to the opposing team's actions.</li><li>▪ State some of the different rules and positions.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Throw and catch with a basic level of accuracy.</li><li>▪ Apply batting technique with a basic level of accuracy and timing.</li><li>▪ Demonstrate bowling/pitching technique with a basic level of precision and fluency.</li><li>▪ Contribute to fielding play with a basic level of movement in outfield and/or when covering posts/bases.</li><li>▪ Run between posts/bases with a basic level of efficiency and awareness of the game and other players.</li><li>▪ Communicate with others showing some influence on the performance of the team.</li><li>▪ Demonstrate some awareness and attempt to adapt to tactical changes in response to the opposing team's actions.</li><li>▪ Identify some of the different rules, positions, and tactics with some application to game play.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Throw and catch with a competent level of accuracy.</li><li>▪ Apply batting technique with a competent level of accuracy and timing.</li><li>▪ Demonstrate bowling/pitching technique with a competent level of precision and fluency.</li><li>▪ Contribute to fielding play with a competent level of movement in outfield and/or when covering posts/bases.</li><li>▪ Run between posts/bases with a competent level of efficiency and awareness of the game and other players.</li><li>▪ Communicate with others and is often able to influence the performance of the team.</li><li>▪ Demonstrate some effective attempts to adapt to tactical changes in response to the opposing team's actions.</li><li>▪ Describe some of the different rules, positions and tactics with application to most game situations.</li></ul>
Development and Coaching		<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ State one way to improve own performance.</li><li>▪ Recognise one strength in own performance.</li><li>▪ State basic rules used in various sports.</li><li>▪ Identify the role of a leader within a group.</li><li>▪ Communicate occasionally with others in a group scenario.</li><li>▪ State what working as a team means and know what fair play is.</li><li>▪ State some of the different rules and positions in various sports.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Identify one way to improve own and others' performance.</li><li>▪ State one strength in own and others' performance.</li><li>▪ Identify basic rules used in various sports and can apply some to competitive games.</li><li>▪ Lead one other student in an activity.</li><li>▪ Communicate regularly within a group to share ideas.</li><li>▪ Acknowledge fair play in a team scenario and apply this in competitive situations.</li><li>▪ Identify some of the different rules, positions and tactics with some application to competitive situations.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Explain numerous ways to improve own and others' performance.</li><li>▪ Explain numerous strengths in own and others' performance.</li><li>▪ Describe basic rules used in various sports and can apply many to competitive games.</li><li>▪ Lead a small group in an activity.</li><li>▪ Communicate ideas easily and consistently within a group to share thoughts and ideas.</li><li>▪ Work collaboratively with team and helps to guide others and make decisions collectively.</li></ul>
Theoretical Elements		<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ State the phases of a warm up and cool down.</li><li>▪ Give one reason why conducting a warm up and cool down is important.</li><li>▪ Recognise some of the muscles in the body.</li><li>▪ State some fitness tests and components of fitness measured.</li><li>▪ State how to set up some of the fitness tests.</li><li>▪ Identify some of the bones in the body and label few on a skeleton.</li><li>▪ State some of the different ways of classifying bones.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Identify the phases of a warm up and cool down.</li><li>▪ State more than one reason why conducting a warm up and cool down is important.</li><li>▪ State most muscles and identify their location in the body.</li><li>▪ Describe most fitness tests used and link to most of the different components of fitness measured.</li><li>▪ Identify how to set up most of the fitness tests including the protocol for each one.</li><li>▪ Identify most bones and label their location on a skeleton.</li><li>▪ Identify the different ways of classifying bones and give some examples in the skeleton.</li></ul>	<p>Students should be able to:</p> <ul style="list-style-type: none"><li>▪ Apply the different phases of a warm up and cool down and identify why we conduct different phases.</li><li>▪ Explain several reasons why conducting a warm up and cool down is important.</li><li>▪ Recall the muscles and their location in the body and identify when they are being used in various sporting examples.</li><li>▪ Evaluate the components of fitness measured in all fitness tests completed.</li><li>▪ Explain how to set up the fitness tests, including the protocol for all.</li><li>▪ Label various bones on a skeleton and identify when they are being used in various sporting examples.</li><li>▪ Describe the different ways of classifying bones, give examples and identify the functions for each.</li></ul>