

# Physical Education

		Year 8 – Emerging	Year 8 – Secure	Year 8 – Exceeding
Performance	Football	<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>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>	<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>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>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>Pass and receive the ball with a good level of accuracy and precision.</li> <li>Move and run with the ball showing a good level of control and fluency.</li> <li>Turn with the ball showing a good level of precision and fluency.</li> <li>Apply shooting and striking technique with a good level of accuracy and precision.</li> <li>Demonstrate defending and tackling with a good level of precision and fluency.</li> <li>Contribute to open play competently and able to influence the performance of the team.</li> <li>Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>Explain most of the different rules, positions, and tactics with application to competitive situations when under pressure.</li> </ul>
	Netball	<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 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>	<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 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>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>Pass and receive the ball with a good level of accuracy and precision.</li> <li>Apply footwork with a good level of control and precision.</li> <li>Move into space with a good level of fluency, awareness of other players and timing.</li> <li>Apply shooting technique with a good level of accuracy and precision.</li> <li>Demonstrate defending and marking with a good level of precision and apply to most competitive situations.</li> <li>Contribute to open play competently and able to influence the performance of the team.</li> <li>Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>Distinguish between and explain different rules, positions, where they are allowed on court, who they mark and recognise when a player is offside.</li> </ul>
	Handball	<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>Students should be able to:</b> <ul style="list-style-type: none"> <li>Pass and receive the ball with a good level of accuracy and precision.</li> <li>Apply footwork with a good level of control and precision.</li> <li>Move and dribble with the ball showing a good level of fluency and accuracy.</li> <li>Demonstrate shooting technique with a good level of accuracy and precision.</li> <li>Apply attacking techniques with a good level of fluency and accuracy.</li> <li>Demonstrate defending and blocking with a good level of precision and accuracy.</li> <li>Contribute to open play competently and able to influence the performance of the team.</li> <li>Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>Explain most of the different rules, positions, and tactics with application to most competitive situations when under pressure.</li> </ul>
	Gymnastics	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>Identify terminology linked to gymnastics e.g., counterbalance, extension and tension.</li> <li>Demonstrate individual balances with a basic level of control and accuracy and occasionally sustaining balances for 3 seconds with tension.</li> <li>Perform partner balances with a basic level of control, coordination and timing and occasionally sustaining balances for 3 seconds with tension.</li> <li>Work collectively to demonstrate group balances with a basic level of control, coordination and timing and occasionally sustaining balances for 3 seconds with tension.</li> <li>Demonstrate some rolls and shapes with a basic level of control and fluency.</li> <li>Choreograph a gymnastics routine incorporating different transitions, balances, and skills e.g., travel, rolls and jumps and perform some of the routine with confidence.</li> </ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>Describe terminology linked to gymnastics e.g., counterbalance, extension and tension.</li> <li>Demonstrate individual balances with a competent level of control and accuracy and mostly sustaining balances for 3+ seconds with tension.</li> <li>Perform partner balances with a competent level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.</li> <li>Work collectively to demonstrate group balances with a competent level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.</li> <li>Demonstrate different rolls and shapes with a competent level of control and fluency.</li> <li>Choreograph a gymnastics routine incorporating different transitions, balances, and skills e.g., travel, rolls and jumps and perform most of the routine with confidence.</li> </ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>Explain terminology linked to gymnastics e.g., counterbalance, extension and tension.</li> <li>Demonstrate advanced individual balances with a good level of control and accuracy and sustain these for 3+ seconds with tension.</li> <li>Perform partner balances with a good level of control, coordination and timing and mostly sustaining balances for 3+ seconds with tension.</li> <li>Work collectively to demonstrate group balances with a good level of control, coordination and timing and sustaining balances for 3+ seconds with tension.</li> <li>Demonstrate advanced rolls and shapes with a good level of control and fluency.</li> <li>Choreograph a gymnastics routine incorporating different transitions, balances, and skills e.g., travel, rolls and jumps and perform the whole routine with confidence.</li> </ul>

	<b>Badminton</b>	<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 a drop 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 and fluency.</li> <li>▪ Demonstrate a drop shot with a competent level of accuracy and precision.</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>	<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 good level of accuracy and precision.</li> <li>▪ Move around court with a good level of fluency and control.</li> <li>▪ Serve using the low and high technique with a good level of accuracy and precision.</li> <li>▪ Demonstrate overhead shots with a good level of precision.</li> <li>▪ Apply a net shot with a good level of accuracy and fluency.</li> <li>▪ Demonstrate a drop shot with a good level of accuracy and precision.</li> <li>▪ Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>▪ Explain most of the different rules used in singles games, score confidently, and apply consequences of rule breaks.</li> </ul>
	<b>Health Related Fitness</b>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ State some of the methods of training.</li> <li>▪ Identify some of the benefits for each method of training.</li> <li>▪ Recall some of the components of fitness.</li> <li>▪ Identify some fitness tests and of components of fitness measured.</li> <li>▪ Demonstrate a sufficient level of physical fitness in different methods of training and fitness tests.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Identify many of the methods of training and state some of the characteristics for each.</li> <li>▪ Identify the benefits for different training methods.</li> <li>▪ Describe the different components of fitness and link to sporting examples.</li> <li>▪ Identify the different fitness tests and describe some of the components of fitness measured.</li> <li>▪ Demonstrate a competent level of physical fitness in different methods of training and fitness tests.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Describe and identify the characteristics of all the methods of training covered and what these sessions could include.</li> <li>▪ Identify the benefits for different training methods and link to specific sporting examples.</li> <li>▪ Describe most of the components of fitness and link to more than one sporting example.</li> <li>▪ Explain different fitness tests, describe some of the components of fitness measured and recall the protocol for most tests.</li> <li>▪ Demonstrate a good level of physical fitness in different methods of training and fitness tests.</li> </ul>
	<b>Table Tennis</b>	<p><b>Students should be able to:</b></p> <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 and backhand topspin with a basic level of precision.</li> <li>▪ Demonstrate a slice shot with a basic level of accuracy and 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>	<p><b>Students should be able to:</b></p> <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 and backhand topspin with a competent level of precision and fluency.</li> <li>▪ Demonstrate a slice shot with a competent level of accuracy and precision.</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>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Apply the correct grip and ready position with a good level of accuracy and precision.</li> <li>▪ Move at and around the table with a good level of fluency and control.</li> <li>▪ Serve using the forehand and backhand technique with a good level of accuracy and precision.</li> <li>▪ Demonstrate a forehand and backhand push shot with a good level of precision and fluency.</li> <li>▪ Apply a forehand and backhand topspin with a good level of precision and fluency.</li> <li>▪ Demonstrate a slice shot with a good level of accuracy and precision.</li> <li>▪ Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>▪ Explain most of the different rules used in singles games, score confidently, and apply consequences of rule breaks.</li> </ul>
	<b>OAA</b>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Describe some of the basic terminology used in OAA e.g., leadership, teamwork etc.</li> <li>▪ Communicate regularly within a group to share ideas.</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> <li>▪ Employ 4 figure and 6 figure grid references with a basic level of accuracy to find control points on a map.</li> <li>▪ Apply compass reading with a basic level of precision.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Explain some of the basic terminology used in OAA e.g., leadership, teamwork etc.</li> <li>▪ Communicate ideas easily and consistently within a group to share thoughts and ideas.</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> <li>▪ Employ 4 figure and 6 figure grid references with a competent level of accuracy to find control points on a map.</li> <li>▪ Apply compass reading with a competent level of precision.</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Explain most of the basic terminology used in OAA e.g., leadership, teamwork etc.</li> <li>▪ Lead the communication consistently within a group to share thoughts and ideas, guiding the group to a conclusion.</li> <li>▪ Solve problems with a good level of efficiency.</li> <li>▪ Work in a group with a good level of efficiency, trust and cooperation.</li> <li>▪ Apply map reading skills with a good level of precision.</li> <li>▪ Employ 4 figure and 6 figure grid references with a good level of accuracy to find control points on a map.</li> <li>▪ Apply compass reading with a good level of precision.</li> </ul>
	<b>Hockey</b>	<p><b>Students should be able to:</b></p> <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>	<p><b>Students should be able to:</b></p> <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 tackling 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>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Apply the correct grip and stance with a good level of accuracy and precision, and control.</li> <li>▪ Pass and receive the ball with a good level of accuracy and precision.</li> <li>▪ Move, run, and dribble with the ball showing a good level of fluency and accuracy.</li> <li>▪ Apply attacking techniques with a good level of fluency and accuracy to outwit opponents.</li> <li>▪ Demonstrate defending and blocking with a good level of precision and accuracy.</li> <li>▪ Demonstrate shooting technique with a good level of accuracy and precision.</li> <li>▪ Contribute to open play competently and able to influence the performance of the team.</li> <li>▪ Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li> <li>▪ Explain most of the different rules, positions, and tactics with application to competitive situations when under pressure.</li> </ul>

	<b>Basketball</b>	<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>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Pass and receive the ball with a good level of accuracy and precision.</li><li>▪ Apply footwork with a good level of control and precision.</li><li>▪ Move and dribble with the ball showing a good level of fluency and accuracy.</li><li>▪ Demonstrate shooting technique with a good level of accuracy and precision.</li><li>▪ Apply attacking techniques with a good level of fluency and accuracy.</li><li>▪ Demonstrate defending and blocking with a good level of precision and accuracy.</li><li>▪ Contribute to open play competently and able to influence the performance of the team.</li><li>▪ Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li><li>▪ Explain most of the different rules, positions and tactics with application to competitive situations when under pressure.</li></ul>
	<b>Athletics</b>	<b>Students should be able to:</b> <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>	<b>Students should be able to:</b> <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>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Perform sprint technique with a good level of posture, stride length and coordination of the legs and arms.</li><li>▪ Demonstrate sprint starts with a good level of accuracy and reaction time.</li><li>▪ Apply a good level of pacing during middle to long-distance race.</li><li>▪ Perform jumps with a good level of speed, coordination and rhythm between the different phases.</li><li>▪ Demonstrate throws with a good level of precision of grip, timing and movement.</li><li>▪ Explain and apply most of the different rules and techniques for track and field events.</li><li>▪ Officiate varying competitive events and time and measure distances with confidence.</li></ul>
	<b>Striking and Fielding</b>	<b>Students should be able to:</b> <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>	<b>Students should be able to:</b> <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>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Throw and catch with a good level of accuracy.</li><li>▪ Apply batting technique with a good level of accuracy and timing.</li><li>▪ Demonstrate bowling/pitching technique with a good level of precision and fluency.</li><li>▪ Contribute to fielding play with a good level of movement in outfield and/or when covering posts/bases.</li><li>▪ Run between posts/bases with a good level of efficiency and awareness of the game and other players.</li><li>▪ Communicate with others effectively and able to influence the performance of the team.</li><li>▪ Demonstrate effective attempts to adapt to tactical changes in response to their opponents' actions, with some successful changes in play.</li><li>▪ Explain most of the different rules, positions and tactics with application to game situations when under pressure.</li></ul>
<b>Development and Coaching</b>		<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Identify one way to improve own and others' performance.</li><li>▪ Identify 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>▪ Communicates regularly within a group to share ideas.</li><li>▪ Acknowledge fair play in a team scenario and apply this in competitive situations.</li></ul>	<b>Students should be able to:</b> <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>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Analyse own and others' performance using sport-specific terminology, implementing improvements where possible.</li><li>▪ Analyse strengths in own and other's performance using sport-specific terminology.</li><li>▪ Explain and apply rules in various sports and can apply this in competitive games and umpire short games.</li><li>▪ Lead a bigger group in an activity.</li><li>▪ Communicate with ease in a group and can involve and motivate other students.</li><li>▪ Take on different roles in a team scenario and drive decisions in group.</li></ul>
	<b>Theoretical Elements</b>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Identify some of the short-term effects of exercise on the different systems.</li><li>▪ Locate some of the joints in the body.</li><li>▪ Classify some of the joints in the body.</li><li>▪ State and describe some of the methods of training.</li><li>▪ Identify some of the components of fitness developed in various methods of training and link to some sports.</li><li>▪ Recognise some of the ranges of movement available at specific joint classifications.</li><li>▪ State some of the components of the blood and some of the functions of these components.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Link most of the joint classifications to the range of movement available.</li><li>▪ Describe several short-term effects of exercise on the different systems.</li><li>▪ Locate most of the joints in the body and define the terms joint, ligament and tendon.</li><li>▪ Classify most of the joints in the body.</li><li>▪ Identify and describe most of the methods of training, giving some characteristics of sessions.</li><li>▪ Identify the components of fitness developed in various methods of training and describe some of these and link to some sports.</li><li>▪ Recognise what most of the movement types look like in practice, link them to specific joint classifications and give some sporting examples linked to some movements.</li><li>▪ Describe the different components of the blood, state their function, and apply this to the importance for some components.</li></ul>	<b>Students should be able to:</b> <ul style="list-style-type: none"><li>▪ Explain several short-term effects of exercise on the different systems and relate to practical situations.</li><li>▪ Locate the different joints in the body, define the terms joint, ligament and tendon and apply the importance to different sports examples.</li><li>▪ Classify all the joints in the body and identify how each joint works.</li><li>▪ Explain the different methods of training and provide a description of what these sessions could include and characteristics.</li><li>▪ Evaluate the best training method for developing different components of fitness and link to different sports examples confidently.</li><li>▪ Apply and analyse all of the movement types to all joint classifications and confidently give different sporting examples in a range of sports.</li><li>▪ Identify the range of movement available at all the joint classifications.</li><li>▪ Describe all of the components of the blood, describe their function, and explain the importance of each component in relation to participation in sport.</li></ul>