

Physical Education

		Year 8 – Emerging	Year 8 – Secure	Year 8 – Exceeding
Performance	Football	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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.
	Netball	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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.
	Handball	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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.
	Gymnastics	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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. 	<p>Students should be able to:</p> <ul style="list-style-type: none"> 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.

	Badminton	Students should be able to: <ul style="list-style-type: none"> 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 with a basic level of accuracy. Demonstrate a drop 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: <ul style="list-style-type: none"> 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 with a competent level of accuracy and fluency. Demonstrate a drop 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: <ul style="list-style-type: none"> 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 with a good level of accuracy and fluency. Demonstrate a drop 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.
	Health Related Fitness	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
	Table Tennis	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
	OAA	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
	Hockey	Students should be able to: <ul style="list-style-type: none"> Apply the correct grip and stance with a basic level of accuracy and control. Pass and receive the ball with a basic level of accuracy. Move, run, and dribble with the ball showing a basic level of fluency. Apply attacking techniques with a basic level of fluency to outwit opponents. Demonstrate defending and tackling with a basic level of precision. Demonstrate shooting technique with a basic level of accuracy. 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: <ul style="list-style-type: none"> Apply the correct grip and stance with a competent level of accuracy and precision, and control. Pass and receive the ball with a competent level of accuracy and precision. Move, run, and dribble with the ball showing a competent level of fluency and accuracy. Apply attacking techniques with a competent level of fluency and accuracy to outwit opponents. Demonstrate defending and tackling with a competent level of precision and accuracy. Demonstrate shooting technique with a competent level of accuracy and precision. 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: <ul style="list-style-type: none"> Apply the correct grip and stance with a good level of accuracy and precision, and control. Pass and receive the ball with a good level of accuracy and precision. Move, run, and dribble with the ball showing a good level of fluency and accuracy. Apply attacking techniques with a good level of fluency and accuracy to outwit opponents. Demonstrate defending and blocking with a good level of precision and accuracy. Demonstrate shooting technique with a good level of accuracy and precision. 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.

	Basketball	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
	Athletics	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
	Striking and Fielding	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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.
Development and Coaching	Students should be able to: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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. 	
	Theoretical Elements	Students should be able to: <ul style="list-style-type: none"> Identify some of the short-term effects of exercise on the different systems. Locate some of the joints in the body. Classify some of the joints in the body. State and describe some of the methods of training. Identify some of the components of fitness developed in various methods of training and link to some sports. Recognise some of the ranges of movement available at specific joint classifications. State some of the components of the blood and some of the functions of these components. 	Students should be able to: <ul style="list-style-type: none"> Link most of the joint classifications to the range of movement available. Describe several short-term effects of exercise on the different systems. Locate most of the joints in the body and define the terms joint, ligament and tendon. Classify most of the joints in the body. Identify and describe most of the methods of training, giving some characteristics of sessions. Identify the components of fitness developed in various methods of training and describe some of these and link to some sports. 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. Describe the different components of the blood, state their function, and apply this to the importance for some components. 	Students should be able to: <ul style="list-style-type: none"> Explain several short-term effects of exercise on the different systems and relate to practical situations. Locate the different joints in the body, define the terms joint, ligament and tendon and apply the importance to different sports examples. Classify all the joints in the body and identify how each joint works. Explain the different methods of training and provide a description of what these sessions could include and characteristics. Evaluate the best training method for developing different components of fitness and link to different sports examples confidently. Apply and analyse all of the movement types to all joint classifications and confidently give different sporting examples in a range of sports. Identify the range of movement available at all the joint classifications. Describe all of the components of the blood, describe their function, and explain the importance of each component in relation to participation in sport.