

Year/ Grade			Physical Education Progress Map; Learning and Assessment objectives			
7	8	9	Knowledge – I know	Understanding – I understand	Lead, Analyse and Evaluate – I can	Performance and Skills – I am able to
		9	<p>I know the rules and code of conduct in at least seven sporting activities.</p> <p>I know a range of advanced tactics and strategies used to outwit opponents within different game situations and can use this knowledge to support others.</p> <p>I can name more than one test for most of the components of fitness.</p> <p>I know the names and location of all the major bones and muscles of the body and can identify muscles and bones that are used during different activities.</p>	<p>I understand and can explain in detail the benefits and of regular, safe and planned physical activity as well as highlight, some of the negative impacts sport can have.</p> <p>I understand how skills, tactics and fitness affect the quality of performance.</p> <p>I can apply appropriate knowledge and understanding of health and fitness in all aspects of my work</p> <p>I understand the reasons for gamesmanship and deviance in sport.</p>	<p>I can analyse my own and others performance, prioritising aspects for further development.</p> <p>I can show that I understand how skills, strategy and tactics or composition and fitness relate to and affect the quality and originality of performance.</p> <p>I can organise, coach and/or choreograph confidently using an outstanding level of communication.</p> <p>I can officiate to a high standard in at least 2 sports and apply rules fairly and consistently whilst adhering to the conventions and code of conduct.</p>	<p>I have a wide range of advanced and original skills and techniques that are evident every time I perform.</p> <p>I can perform with confidence and flare in a range of positions and have a major impact within the game.</p> <p>I am able to select and modify techniques throughout the game in response to changing situations.</p> <p>I am consistently able to select and combine advance skills and techniques showing precision, control and fluency in all athletic events.</p> <p>I am able to perform, develop and combine a wide range of high order actions and ideas showing flair and consistent accuracy in gymnastics.</p> <p>I am able to take part in a variety of fitness tests and produce exceptionally high results.</p>
	9	8	<p>I know the rules and code of conduct in at least six sporting activities.</p> <p>I know a range of advanced tactics and strategies used to outwit opponents within different game situations.</p> <p>I know how to accurately test and measure at least 5 different components of fitness.</p> <p>I know the names and location of all major muscles of the body and can identify which are being used during different activities.</p>	<p>I understand and can explain the benefits of regular, safe and planned physical activity on physical, mental and social wellbeing.</p> <p>I understand how skills, tactics and fitness affect the quality of performance.</p> <p>I can apply appropriate knowledge and understanding of health and fitness to plan and carry out and monitor an exercise programme</p> <p>I understand the value of sportsmanship.</p>	<p>I can analyse my own and others performance, prioritising aspects for further development.</p> <p>I can show that I understand how skills, strategy and tactics or composition and fitness relate to and affect the quality and originality of performance.</p> <p>I can organise coach and choreograph confidently using an outstanding level of communication.</p> <p>I can officiate to a high standard in at least 1 sport and apply rules fairly and consistently whilst adhering to the conventions and code of conduct.</p>	<p>I able to demonstrate a range of advanced skills and techniques that are evident every time I perform.</p> <p>I am able to play in a range of positions and have a positive impact within a variety of games.</p> <p>I am able to select and modify techniques throughout the game in response to changing situations.</p> <p>I am able to select and combine advance skills and techniques and consistently show precision, control and fluency in all athletic events.</p> <p>I am able to perform, develop and combine a range of high order actions and ideas showing flair and consistency accuracy in gymnastics.</p> <p>I am able to take part in a variety of fitness tests and produce high results.</p>

9	8	7	<p>I know most of the rules in at least four sporting activities.</p> <p>I know how to apply some of the more advanced tactics in a variety of games and can adapt my tactics according to changing situations.</p> <p>I know how to test and measure 5 different components of fitness.</p> <p>I can name all of the major muscles and bones of the body.</p>	<p>I understand the benefits of regular safe and planned physical activity on physical, mental and social wellbeing.</p> <p>I understand and can explain how different types of activity contribute to my fitness and health.</p> <p>I understand how to plan and carry out an exercise programme.</p> <p>I understand the what makes up a balanced diet</p>	<p>I can evaluate my own and others' work using ICT as a tool.</p> <p>I can show that I understand the impact of skills, strategy, tactics and fitness on the quality of performance.</p> <p>I can start to plan ways to improve my own and others' performance.</p> <p>I can suggest ways to monitor improvement.</p> <p>I can organise, coach and choreograph confidently using a very good level of communication.</p> <p>I can officiate to a good standard in at least 1 sport and apply rules fairly and consistently</p>	<p>I am able to use specific techniques consistently and effectively in games situations.</p> <p>I am able to perform suitable skills with consistent precision, control and fluency.</p> <p>I am able to select and modify skills throughout the game</p> <p>My performances have an influence on those around me.</p> <p>I am able to perform well in a range of athletic events</p> <p>I am able to demonstrate a variety of advanced gymnastic skills and link these effectively into a routine</p> <p>I am able to take part in a variety of fitness tests and produce an above average standard of results.</p>
8	7	6	<p>I know most of the rules in at least three sports.</p> <p>I know which skills and tactics to combine to gain my team advantage in game situations.</p> <p>I know how to test and measure 4 different components of fitness.</p> <p>I know the name and location of some of the major muscles and bones of the body.</p>	<p>I understand the principles of practice and training and apply them effectively.</p> <p>I understand the benefits of regular planned activity on health and fitness</p> <p>I can plan my own appropriate exercise and activity programme.</p> <p>I understand the need for suitable warm-up and cool down for preparation and conditioning.</p> <p>.</p>	<p>I can officiate small sided games in at least 3 sports</p> <p>I can organise, coach and/or choreograph confidently using a good level of communication.</p> <p>I can analyse and comment on my own and others' work either as an individual or as part of a team</p> <p>I can plan ways to improve my own and others performance</p>	<p>I am able to perform more complex attacking and defending skills often showing accuracy and control in a number of games</p> <p>I am able to change and refine the techniques I use to improve my performance and gain my team an advantage in game situations.</p> <p>I am able perform well in a variety of different positions.</p> <p>I am able to demonstrate a sound performance in most athletic events.</p> <p>I am able to perform and link more complex skills in gymnastics showing quality and control.</p> <p>I am able to take part in a variety of fitness tests to a good standard.</p>
7	6	5	<p>I know some of the rules in at least three sports.</p> <p>I know some technical terms to describe a performance.</p> <p>I know some of the tactics used in attacking and defending situations.</p> <p>I know the location of some of the muscles in the body.</p> <p>I know the name of some of the major bones in the body.</p>	<p>I understand how different types of exercise contribute to my health and fitness</p> <p>I understand how to plan a simple exercise programme</p> <p>I understand the importance of practice to develop as a performer</p> <p>I understand how and why to use a safe warm up and cool down.</p>	<p>I can analyse and comment on how skills, techniques and ideas can be used in my own and others work.</p> <p>I can analyse a performance and suggest ways to improve it.</p> <p>I can organise and officiate small sided games in different sports</p>	<p>I am able to perform a range of suitable skills demonstrating speed, control and fluency.</p> <p>I am able to perform in a variety of roles and positions.</p> <p>I am able to sometimes influence the game linking skills, technique and ideas</p> <p>I am able to take part in a range of athletic events</p> <p>I am able to perform more complex movements in gymnastics with the help of others.</p> <p>I am able to co-operate successfully with others to create and perform partner or group work.</p>

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6	5	4	<p>I know how to select and combine my skills and techniques and apply them accurately</p> <p>I know how to apply basic tactics and develop their use during competitive situations.</p> <p>I know the names of at least 4 muscles in the body</p>	<p>I understand and can explain how the body reacts during different types of exercise.</p> <p>I understand how to warm up and cool down in ways that suit the activity.</p> <p>I understand and can explain why regular, safe exercise is good for my fitness.</p>	<p>I can analyse and comment on skills and techniques and how they are applied in my own and others work.</p> <p>I can analyse compositional aspects of performance and suggest ways to improve</p>	<p>I am able to use the correct technique in a range of athletics events</p> <p>I am able to draw on what I know about tactics and apply it in a game situation.</p> <p>I am able to demonstrate a good range of skills in a variety of games</p> <p>I am able to start to link a variety of gymnastic skills into a routine either on my own or with others</p> <p>I have a sound level of fitness</p>
5	4	3	<p>I know some tactics used in games to beat opponents. I am developing ways to use this knowledge to my advantage.</p> <p>I know the names of a few of the muscles in the body</p>	<p>I understand the basic safety principles in preparing for exercise.</p> <p>I understand and can explain the effects exercise has on the body and how it is valuable to my fitness and health</p>	<p>I can compare and comment on skills and techniques.</p> <p>I can analyse ideas used in my own and others work and use this understanding to improve performance</p>	<p>I am able to use the correct technique in some athletics events</p> <p>I try hard to achieve a personal best in fitness testing exercises.</p> <p>I am able to perform basic passing and receiving skills with good co-ordination and control</p> <p>I am able to perform a range of gymnastic skills well either on my own or with others</p>
4	3	2	<p>I know some rules and tactics to game play.</p> <p>I know some basic techniques for attacking and defending.</p>	<p>I understand why warming up and cooling down before and after an activity is important.</p> <p>I understand why physical activity is good for health</p>	<p>I can see how my work is similar to and different to others.</p> <p>I can use this understanding to improve my performance</p>	<p>I am able to copy, remember and repeat simple actions with some control and coordination.</p> <p>I am able to vary some skills and actions and link these in ways that suit the activity</p> <p>I am able to warm up and cool down safely</p> <p>I am able to use the correct skills in certain situations.</p> <p>I am able perform a range of gymnastic skills and link some together to form a simple routine</p>

3	2	1	<p>I know the different positions in a team.</p> <p>I know some of the rules in a limited number of activities.</p> <p>I know some basic tactics and begin to use them in a variety of games.</p>	<p>I understand how to exercise safely and can describe how my body feels during different activities</p>	<p>I can talk about differences between my own and others performance and suggest improvements</p> <p>I can apply suitable actions which are appropriate to the task set.</p>	<p>I am able to copy repeat and explore simple skills and actions with basic control and coordination.</p> <p>I am able to start to link these skills and actions that suit activities</p> <p>I am able to move using a range of body parts with some accuracy.</p> <p>I am able to start to link together a range of basic actions and balances.</p>
2	1		<p>I know and can explain basic rules of my favourite sporting activity</p> <p>I know that there are different positions within different games</p>	<p>I understand and can talk about how to exercise safely, and how my body feels during and after and activity</p>	<p>I can describe and comment on my own and others actions</p>	<p>I am able choose suitable skills and sometimes perform them with control.</p>
1			<p>I know the names of the core skills in my favourite sport</p> <p>I can describe how my body feels during and after exercise</p>	<p>I understand how exercise can affect my body</p>	<p>I can comment on my own and others actions</p>	<p>I am able to attempt skills but find it difficult to perform them and apply them in a competitive situation.</p>

