

Physical Education

Outcomes	Striking & fielding	Invasion Games	Athletics	Trampolining	Net and Wall Games	Health and Fitness
Basic	I can demonstrate basic batting, bowling and fielding in isolation but have limited impact in game situation.	I can sometimes attack and intercept the ball when in isolation. I can sometimes assist my team mate during gameplay	I can accurately replicate sprinting technique, adjusting small elements to improve overall performance. I can perform a basic technique in at least two jumping events. I can perform and accurately replicate the technique for at least one throwing events. I understand the rules associated with the throwing area.	I can mount and dismount the trampoline safely in a recognised manner. I can spot safely, and understand the importance of this role.	I can perform basic skills within conditioned games with some unforced errors. I can form a basic game plan in a range of situations using different skills.	I can observe and copy a basic circuit. I have a basic understanding of the principles of training.
Adequate	I can have some influence on the game in batting, bowling or fielding.	I can attack and intercept the ball when in isolation. I can assist my team mate during game play	I can demonstrate how to measure the sprint start position. I can take off using the correct footwork, in at least two jumping events. I can perform and accurately replicate the technique for at least two throwing events.	I can bounce within the metre square and am able to stop safely. I can perform basic shaped jumps such as a tuck, pike, straddle, ½ twist and full twist. I can start to link moves together with extra bounces in between.	I can perform basic skills whilst making some unforced errors. I can recognise a need for strategies and creative thinking and can add to a group discussion.	I can devise a simple circuit with support. I can describe the principles of training.
Secure	I can command most skills and show some anticipation of opposition and adjust accordingly.	I can sometimes attack and intercept the ball whilst under pressure in a game situation. I can assist my team mates and exert some influence on the game in both attack and defence	I can use a sprint start to create power and speed. I can sustain 2 laps of the athletics track and finish the event with a sprint. I can perform a more advanced technique in at least two jumping events. I can use my arms to gain height for my jump. I can use a technically correct dynamic action to execute my throw.	I can bounce at good height with control. I can perform a seat drop showing the correct technique. I can link moves together to perform a 6 bounce routine.	I can perform basic skills in a full version of the game. I can show creativity in planning ways to outwit opponents and can execute plans with some success	I can independently devise a circuit to carry out. I can apply the principles of training to my training.
Advanced	I can exert influence on the game in batting, bowling and fielding; and make few unforced errors.	I can attack and intercept the ball whilst under pressure in a game situation. I can exert influence on the game in both attack and defence whilst making few unforced errors.	I can adapt to the conditions of the race over different distances. I understand the different phases of the race and why they are used. I understand the components of fitness involved in jumping events. I can use my legs and my hips to generate a powerful release.	I can perform a front or back drop showing good technique. I can perform combination and rotational moves such as swivel hips or seat drop to front drop. I can link moves together to perform an 8 bounce routine.	I can perform advanced skills in a full version of the game, making very few unforced errors. I can critically evaluate a plan to attack and adapt to suit the situation.	I can plan, monitor and record a small programme to improve an area of my current fitness. I can apply progressive overload to a series of training sessions.
Excelling	I can show skill and tactical awareness under pressure. I can switch from attack to defence.	I can attack and intercept the ball at speed whilst under pressure in a game situation. I can show a high level of skill and tactical awareness when under pressure.	I understand and can demonstrate some plyometric training. I can drive my hips forward into a powerful release, at the correct angle with excellent timing of each phase.	I can perform hands and knees to back to feet or a somersault with or without support. I can link moves together to perform a 10 bounce routine showing good control and height.	I can provide constructive feedback to peers within a game situation. I show a deeper understanding of tactics and can reflect on the effectiveness of these after execution.	I can evaluate the results of a devised training programme and make suggestions for improvement. I can creatively apply progressive overload to a range of self or peer activities