

Physical Education

Outcomes	Striking & fielding	Invasion Games	Athletics	Gymnastics	Net and Wall Games	Health and Fitness
Basic	I can sometimes throw, catch and stop the ball. I can adopt the correct stance with a good grip.	I can sometimes control the ball in isolation. I can show a basic passing technique in isolation.	I can perform the basic technique for an effective sprint race. I can perform the basic technique for an effective paced run. I can give and receive the relay baton without dropping it. I can measure my run up for at least one Jumping event. I can perform and record the distance I achieve. I can throw from standing and have some idea of safety and rules.	I can copy basic balances such as point and patch. I can copy basic travel such as a log or teddy bear roll.	I can observe and copy basic skills with some consistency. I can take out and put away court equipment correctly and safely.	I can show an awareness of safety procedures concerned with fitness training. I can name the components of an effective warm up.
Adequate	I can demonstrate catching and throwing over short distances. I can sometimes use the correct technique when batting.	I can control the ball in isolation. I can pass the ball effectively in isolation.	I can replicate the correct posture, arm action and leg action when running. I can communicate with my team members when exchanging the baton. I can perform a slow run up and sometimes take off legally. I can use the correct grip and have a reasonably effective standing throw.	I can perform basic counter balance and counter tension with a partner. I can perform a range of skills showing some body tension and control.	I can observe and copy basic skills consistently. I can maintain a rally for a short period of time.	I can carry out my own warm up. I can observe and replicate basic fitness techniques.
Secure	I can consistently catch and throw over a variety of distances. I can use the correct technique in some defensive and attacking shots.	I can sometimes control the ball when under pressure in a game situation. I can sometimes pass effectively in a game situation	I can run economically with correct posture throughout the race. I can sustain 2 laps of the athletics track. I can give and receive the relay baton using an up or down sweeping technique. I can perform a slow run up and take off legally. I can mark out my run up correctly and show attack on approach. I can prepare for my throw correctly and apply the correct grip and release.	I can perform advanced travel, such as a forward roll or dive forward roll. I can link balances and travel together to perform a short sequence.	I can observe and copy basic skills with consistency and accuracy. I can maintain a mid-court rally with shots that are easy to reach	I can show a good replication of skills across most fitness disciplines. I can understand why fitness activities are good for my health.
Advanced	I can field from all positions demonstrating the appropriate techniques. I can select and apply attacking and defensive shots.	I can control the ball when under pressure in a game situation. I can pass the ball effectively using a range of passing techniques in a game situation.	I can evaluate the performance of myself and others and suggest ways technique can be improved. I can use my arms to gain height and land on the correct part of my body. I can run up and take off with good shape and attack. I can throw with balance and control; my movement shows speed and aggression.	I can perform advanced balances such as a headstand and handstand with support. I can perform advanced travel, such as a backward roll.	I can perform a variety of skills. I can maintain a rally with power and direction.	I can explain in simple terms the short term physical effects of exercise on my body. I have an understanding of appropriate terminology.
Excelling	I can consistently catch and accurately return the ball at speed including deep field. I can play the appropriate shot to a variety of balls bowled.	I can control the ball using a variety of methods when under pressure in a game context. I can combine a variety of passes showing accuracy and power in a game situation.	I can judge my pace when running. I can use my check marks correctly when exchanging the baton. I can run up quickly and take off accurately and my flight phase is always technically correct. I can use my hips to generate a powerful release. I can apply the correct rules and laws when competing.	I can perform advanced balances such as a headstand and handstand. I can perform advanced travel, such as a cartwheel.	I can apply skills to the correct context. I can perform a full range of skills with correct technique, power and direction.	I can record my heart rate and use it during training and recovery. I have a good understanding of appropriate terminology and can explain it to others.