

Physical Education

| Outcomes | Striking & fielding | Invasion Games | Athletics | Gymnastics | Net and Wall Games | Health and Fitness |
|------------------|---|--|--|---|--|--|
| Basic | I can demonstrate a static bowling action. I can demonstrate basic techniques of batting and fielding in isolation. | I can sometimes control and pass the ball in isolation. I can sometimes move into a space to receive the ball. | I can accurately replicate the basic technique for an effective sprint race. I can accurately replicate the basic technique for an effective 800m race. I can perform a basic technique in at least one jumping event. I can perform and accurately replicate the technique for at least one throwing event. | I can copy basic flight such as a tuck jump and star jump. I can run-up, take off and land safely. | I can understand scoring and court markings I can start a rally with a serve. | I can observe and copy basic fitness techniques but will tire easily. I can identify which components of fitness are specific to certain activities. |
| Adequate | I can apply the correct bowling technique but my delivery of the ball is inconsistent. I can apply batting and fielding techniques in a game situation but lack consistency. | I can control and pass the ball in isolation. I can move into space to receive the ball in isolation. | I can adjust body movements to create more drive, speed and power when running. I can communicate with my team members when exchanging the baton. I can take off using the correct footwork, in at least one jump. I understand the rules associated with the throwing area. | I can perform counter balance and counter tension balances with a partner showing some body tension and control. I can perform skills that require me to support my own body weight and use my core stability. | I can apply basic rules and scoring to conditioned games. I can effectively return a serve | I can show a good replication of skills and can sustain effort over time. I can describe components of fitness |
| Secure | I can apply the correct bowling technique and my delivery of the ball is consistent. I can effectively apply batting and fielding techniques in a game situation. | I can sometimes control and pass the ball when under pressure in a game situation. I can move into space to receive the ball during gameplay. | I can select and apply a technically correct racing start. I can give and receive the relay baton using an up or down sweeping technique, whilst looking ahead. I can perform a more advanced technique in at least one jumping event. I can prepare for my throw correctly and apply the correct grip and release, which also shows power. | I can link balances and travel together to perform a short sequence showing good body tension and control. I can perform a shaped jump showing control, off a spring board, and land it safely. | I can apply rules and scoring to a games. I can vary my serve with speed, height or spin | I can push my body to challenge my physical capacity. I can describe the components of fitness and apply them to various activities |
| Advanced | I can sometimes apply variation of height or speed to outwit the batsman. I can consistently apply appropriate batting and fielding techniques under the pressure of a game situation. | I can control and pass the ball when under pressure in a game situation. I can feint and create space before receiving the ball. | I understand the components of fitness involved in short distance and longer distance races. I can sustain 2 laps of the athletics track and finish the event with a sprint. I can use my arms to gain height and have good shape during the flight phase. I can use a technically correct dynamic action to execute my throw. | I can perform advanced balances such as a bridge, headstand or handstand. I can perform a sequence showing creativity, which includes travel, balance, flight, rotation and inversion. | I can know the rules and can officiate effectively. I can direct my serve and make it difficult to return | I can adapt and change techniques to increase intensity on my body. I can select different activities to develop appropriate components of fitness. |
| Excelling | I can apply variation of height, speed and spin on the ball to outwit the batsman. I can field from all positions. Whilst batting, I can control shots and place the ball dependant on the field position. | I can control and pass the ball consistently when under pressure in a game situation. I can apply a range of passing techniques to varying game contexts. I can consistently create space to receive the ball in a game situation. | I can apply tactics when racing and use the track lanes effectively. I can drive hard into the changeover box and receive the baton with the check marks, at the correct time. I can apply excellent rhythm and aggression during the run up and take off phase. I can use my legs and my hips to generate a powerful release, at the correct angle with excellent timing of each phase. | I can perform advanced skills such as a handstand to forward roll, a one handed cartwheel, a walkover, a flick or an advanced vault. I can perform a sequence showing creativity and musicality, which includes travel, balance, flight, rotation, inversion and a vault. | I can observe and evaluate others officiating. I can consistently serve with power, direction and disguise | I can set personal targets continually after reflection. I can reflect upon the effectiveness of these activities (myself or my peers) |