

Name:

Subject: Physical Education

Year Group: 7

Target:

Outcomes	Striking & fielding	Invasion Games	Athletics	Gymnastics	Net and Wall Games	Health and Fitness
<b>Emerging</b>	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 sprint start technique for a short sprint race. 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 maintain the quality of my technique for a few basic skills. I can copy basic travel such as a log or teddy bear roll.	I can observe and copy some basic skills in isolation. I can take out and put away court equipment correctly and safely.	I can identify some components of fitness.  I can follow a teacher-led circuit.
<b>Developing</b>	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 during the sprint start. 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 maintain the quality of my technique for some basic skills. I can perform counter balances and counter tension with a partner.	I can observe and copy basic skills with some consistency. I can maintain a rally for a short period of time without a net.	I can identify and describe components of fitness with support.  I can observe and replicate basic fitness techniques within a circuit.
<b>Secure</b>	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 in a short sprint race. I can give and receive the relay baton using an up or down sweeping technique. I can perform an effective 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 maintain the quality of my technique for most skills. I can perform advanced travel, such as a forward roll or dive forward roll.	I can observe and copy skills with consistency. I can maintain a rally for a sustained period of time, over the net.	I can describe the components of fitness.  I have an understanding of appropriate terminology in relation to circuit training.
<b>Advanced</b>	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 show the correct sprint start and use acceleration at the start of my race. I can use my check marks correctly when exchanging the baton. 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 maintain the quality of my technique for all skills. I can adapt skills together to maintain fluidity.	I can perform a variety of skills including forehand and backhand. I can maintain a rally with consistency over the net.	I can describe the components of fitness and apply them to various activities. I have a good understanding of appropriate terminology and can explain it to others.
<b>Excelling</b>	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 evaluate the performance of myself and others and suggest ways technique can be improved. I can impact performance with consistent and effective changeovers. 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 maintain the quality of my technique for challenging skills, such as an illusion when linking moves together. I am consistently effective in a gymnastic performance and make few errors.	I can perform a full range of skills with correct technique, power and direction. I can start a rally with a variety of serves.	I can select different activities to develop appropriate components of fitness.  I understand the need for variation in circuit training.