

Name:

Subject: Physical Education

Year Group: 9

Target:

Outcomes	Striking & fielding	Invasion Games	Athletics	Dance	Net and Wall Games	Health & Fitness
Emerging	I can demonstrate basic batting, bowling and fielding in isolation. I 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 for the 200M sprint. 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 perform a dance with the correct actions and can often attempt to use expressive skills. I demonstrate a basic knowledge of choreographic devices. I sometimes provide feedback about my own and other's choreography. I can perform dances with a basic understanding of the mod or meaning. I can create phrases of movement. I listen to the ideas of the group and sometimes contribute an idea.	I can perform basic skills within conditioned games with some unforced errors. I can understand doubles scoring and court markings.	I can observe and replicate basic fitness techniques. I have a basic understanding of the principles of training.
Developing	I can have some influence on the game in batting, bowling or fielding. I have a basic understanding of fielding tactics.	I can attack and intercept the ball when in isolation. I can assist my team mate during game play	I can start a 200M sprint using an effective sprint start technique. 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 perform a dance with good accuracy and some expressive skills. I demonstrate a sound knowledge of choreographic devices. I give sound feedback about performance and choreography work. I understand the mood or meaning of a dance and can sometimes perform with expression. I can use choreographic devices when choreographing. I listen actively to discussions and regularly contribute ideas and thoughts.	I can perform basic skills whilst making some unforced errors. I can officiate a doubles game with support.	I can show a good replication of skills and can sustain effort over time. I can start to describe some of the principles of training.
Secure	I can sometimes place the ball when batting. I can understand fielding tactics.	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 demonstrate good agility within the track lanes when racing the bends of the 200M race. I can perform a more advanced technique in at least two jumping events. I can use my arms effectively to gain height for my jump. I can use a technically correct dynamic action to execute my throw.	I perform dances with accurate technical skills and demonstrate knowledge of expressive skills. I demonstrate a confident approach to using choreographic devices. I give detailed and specific feedback about performance and choreography work. I perform the mood or meaning of a dance with expression. I choreograph imaginative choreography with a sound understanding of choreographic devices. I listen actively and sensitively to other students' viewpoints.	I can show creativity in planning ways to outwit opponents and can execute plans with some success I can officiate and score a doubles game confidently.	I can plan a personal exercise programme with support. I can describe the principles of training.
Advanced	I can consistently place the ball when batting. I can organise my teams fielding positions with tactical awareness.	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 my technique to the different phases of the race. I understand the components of fitness involved in jumping events. I can use my legs and my hips to generate a powerful release.	I perform dances with excellent accuracy of the actions, use of dynamics and space. There is a sensitive use of expression in the performance. I use imaginative use of choreographic ideas to communicate the dance idea. I make clear and in depth	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.	In my personal exercise programme I can adapt and change techniques to increase intensity on my body.

				<p>evaluations to show a deep understanding of dance.</p> <p>I make a full contribution to choreography showing a deep understanding of choreographic concepts, making some connection between use of devices and transitions. I am thoughtful in including the ideas of others.</p>		I can apply some of the principles of training to my training programme.
Excelling	<p>I can show skill and tactical awareness under pressure.</p> <p>I can score and umpire the full version of the game.</p>	<p>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.</p>	<p>I can evaluate my own performance and apply corrective measures to improve technique. I am able to use my knowledge of a jumping event to highlight strengths and weaknesses of peers. I can drive my hips forward into a powerful release, at the correct angle with excellent timing of each phase.</p>	<p>I perform with outstanding technical ability and use varied expressive skills. I use excellent and imaginative choreographic devices to communicate the choreography. I evaluate the overall effectiveness of my piece and suggest a wide range of ideas to improve.</p> <p>I completely commit to performances with sophisticated expression and varied dynamics. I create and communicate layered approaches to choreography. I use complex dance terms with perceptive evaluations and feedback.</p>	<p>I can provide constructive feedback to peers within a game situation.</p> <p>I show a deeper understanding of tactics and can reflect on the effectiveness of these after execution.</p>	<p>I can set personal targets continually after reflection.</p> <p>I can apply progressive overload to a series of training sessions.</p>