

Life After Levels: Year 7 Physical Education

Year Group: 7

Baseline Threshold	Tracking Progress in Key Stage 3 PE <small>Performing / Knowledge / Application / Health Related Fitness</small>		
	Expected Progress (bottom of baseline threshold)	Good Progress (top of baseline threshold)	Excellent Progress (above baseline threshold)
	Students can...	Students can...	Students can...
Mastering	<ul style="list-style-type: none"> Perform more advanced techniques successfully in modified practices Understand the roles and responsibilities of different positions within a team Apply basic tactics and strategies to competitive situation Understand the differences between aerobic and anaerobic training 	<ul style="list-style-type: none"> Perform more advanced techniques successfully in modified game Evaluate others performances and suggest ways to improve Apply basic tactics and strategies to competitive situation 	<ul style="list-style-type: none"> Apply rules through the role of the official Lead own modified practices for a specific situation Understand and apply the differences between aerobic and anaerobic training
Secure	<ul style="list-style-type: none"> Perform more advanced techniques in isolation/non-competitive situations Can identify phases of a warm up and cool down Comment on own performance and identify simple ways to improve Able to name a few muscles involved in the activity Some success in applying skills to a basic game situation/performance Independently lead a group warm up Be able to identify and explain the long term effects of exercise 	<ul style="list-style-type: none"> Perform more advanced techniques in modified practices Identify the location of a range of muscles Independently lead a sports specific warm up Be able to link skills effectively and apply to performance/ game situation Understand how components of fitness relate to different activities 	<ul style="list-style-type: none"> Identify strengths and weaknesses in own performances and suggest ways to improve Lead own simple modified practices/drills for a specific situation Apply basic tactics and strategies to full game/ competitive situation Understand the differences between aerobic and anaerobic training
Developing	<ul style="list-style-type: none"> Perform simple skills effectively in isolation/non competitive practices Understand how to apply basic rules to practice and drill situations -Understand the importance of a warm up Some success in applying skills to a modified game situation / performance To be able to individually warm themselves up Lead a basic warm up within a group Be able to name a limited amount of the components of health related fitness 	<ul style="list-style-type: none"> Perform simple skills effectively in modified practices Understand how to apply basic rules to game/ competitive situations Can apply basic skills to a modified game/performance Describe the short term effects of exercise on the body 	<ul style="list-style-type: none"> Can identify phases of a warm up and cool down Comment on own performance and identify simple ways to improve Some success in applying skills to a basic game situation/performance Be able to identify the long term effects of exercise
Emerging	<ul style="list-style-type: none"> Attempt to perform simple skills in isolation Recall simple terminology and rules Can follow a small group warm up 	<ul style="list-style-type: none"> Perform simple skills effectively in isolation/non competitive practices Understand the correct terminology Attempting to apply basic skills to a modified game / performance Be able to take own heart rate and understand why it changes when we exercise. 	<ul style="list-style-type: none"> Understand how to apply basic rules to practice and drill situations Some success in applying skills to a modified game situation / performance To be able to individually warm themselves up Be able to name a limited amount of the components of health related fitness