

7	8	9	HEAD The <u>THINKING</u> physical being	HEART The <u>SOCIAL</u> and <u>EMOTIONAL</u> physical being	HANDS The <u>DOING</u> physical being
		M+	<p>I can justify the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing.</p> <p>I can lead and officiate matches showing a good understanding of the rules.</p> <p>I can evaluate a performance of a peer or myself in order to improve skills, techniques and/or fitness levels.</p>	<p>I demonstrate good leadership qualities both in lesson and afterschool clubs.</p> <p>I display clear communication skills, empathy and patience.</p> <p>I am respected and respectful, and I have developed a positive working relationship with staff and students across the school</p>	<p>I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities.</p> <p>I can complete a sustained activity level for 15+ minutes</p>
		M	<p>I can categorise many short and long-term effects of exercise on physical, mental and social wellbeing.</p> <p>I can lead an effective warm up to the whole class.</p> <p>I can examine problems with technique and can give teaching points to correct these mistakes.</p>	<p>I am confident and competent when leading large groups of performers.</p> <p>I effectively apply methods of communication to different ages, abilities, experiences and situations.</p> <p>I often inspire others to participate and progress in sporting activity.</p>	<p>I can demonstrate, with consistent accuracy and success, a range of appropriate skills, techniques and tactics in challenging activities.</p> <p>I can complete a sustained activity level for 10+ minutes</p>
	M	S	<p>I can describe how the body adapts and benefits from regular exercise.</p> <p>I can take responsibility for leading a small group warm up</p> <p>I can apply my knowledge of skills and techniques and this improves my own and others practical performance.</p>	<p>I can demonstrate confidence and apply leadership qualities to lead large group warm-ups.</p> <p>I am hard working, resilient and eagerly accept challenges.</p> <p>I have developed respectful relationships with my peers.</p>	<p>I can demonstrate with some accuracy and success skills, techniques and tactics across a variety of sports in competitive activities.</p> <p>I can complete a sustained activity level for 5+ minutes</p>

M	S	D	<p>I am able to participate and understand the rules of activities studied</p> <p>I can warm-up and prepare myself for sporting activities</p> <p>I am beginning to understand the benefits of sporting activity to my physical and mental health</p>	<p>I can demonstrate leadership of a small group of peers with some confidence.</p> <p>I know how to respect equipment and others.</p> <p>I can demonstrate communication skills within discussions and activities.</p> <p>I often demonstrate respect for equipment and others.</p>	<p>I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in isolated pressured practices.</p> <p>I can sustain a level of fitness to participate in every lesson</p>
S	D		<p>I can describe and explain some skills and rules in some sports.</p> <p>I understand the need to warm and prepare for physical activity</p> <p>I can identify most major muscles in the body.</p>	<p>I can cooperate as part of a group warm-up</p> <p>I understand the need to communicate in PE but need prompting at times</p> <p>I understand the respect required for PE activities</p>	<p>I can lead an effective self-led warm - up.</p> <p>I can apply basic rules in sport.</p> <p>I understand techniques, helping me to analyse and improve my own performance.</p>
D			<p>I can identify some reasons for needing to complete a warm-up</p> <p>I can identify a benefit for taking part in physical activity.</p>	<p>I am able to recall the Strive for 5 in relation to PE</p> <p>I can recall the qualities that make a good leader.</p> <p>I know how to respect equipment and others.</p> <p>I am a good time keeper and understand the impact of this to PE</p> <p>I am able to conduct myself with self-discipline in changing areas</p>	<p>I am able to follow PE instructions from my teacher to develop my skills</p> <p>I am able to effectively participate with my peers to develop my physical ability</p> <p>I am willing to try new activities</p>