



**How does our PE offer meet the national curriculum key aims?**

	<i>Year 7</i>	<i>Year 8</i>	<i>Year 9</i>	<i>Year 10</i>	<i>Year 11</i>
<b><i>Develop Competence to Excel in a Broad Range of Physical Activities</i></b>	<ul style="list-style-type: none"> <li>• Copy, remember and repeat simple skills and actions with control and coordination</li> <li>• Link actions that suit activities</li> <li>• Select and use basic motor skills, actions and ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain and apply basic safety principles in preparing for exercise</li> <li>• Describe what effects exercise has on their bodies and why it is important to health.</li> </ul>	<ul style="list-style-type: none"> <li>• Lead a warm up for a group of students for a specific sport or activity.</li> <li>• Explain the benefits of warming up joints and muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• Umpire/referee various sports - understanding the rules</li> <li>• Can warm up and cool down independently</li> <li>• Developing confidence in leading own sport - equipment, safety, rules</li> </ul>	<ul style="list-style-type: none"> <li>• Have the confidence to engage in enriching offsite activities</li> <li>• Offering 3 strong sports at GCSE level</li> </ul>
<b><i>Lead Healthy, Active Lives</i></b>	<ul style="list-style-type: none"> <li>• Understand how to exercise safely</li> <li>• Describe how their body feels during an activity</li> <li>• Give reasons why warming up and cooling down is important</li> <li>• Give reasons why physical activity is good for health.</li> </ul>	<ul style="list-style-type: none"> <li>• Can complete a basic warm up independently and safely</li> <li>• Identify multiple components of fitness</li> <li>• Can complete and set up a basic method of training</li> </ul>	<ul style="list-style-type: none"> <li>• Name most components of fitness and link with examples</li> <li>• Can describe the reasons why we exercise</li> <li>• Can describe various methods of training</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to identify components of fitness</li> <li>• Can link components of fitness with methods of training</li> <li>• Can see the benefit of fitness testing</li> </ul>	<ul style="list-style-type: none"> <li>• Show a keen interest in at least 1 sport</li> <li>• Can link exercise and fitness to healthy living</li> <li>• Could run their own fitness programme</li> </ul>
<b><i>Use a Range of Tactics and Strategies to Overcome Opponents in Direct Competition</i></b>	<ul style="list-style-type: none"> <li>• Identify the difference between attack and defence roles within a range of activities</li> </ul>	<ul style="list-style-type: none"> <li>• Understand tactics and composition</li> <li>• Vary their response in defence and attack</li> </ul>	<ul style="list-style-type: none"> <li>• Explain the impact of various tactics will have on performance outcome.</li> </ul>	<ul style="list-style-type: none"> <li>• Independently starting to impose tactics in sport</li> <li>• Can match tactics to</li> </ul>	<ul style="list-style-type: none"> <li>• Will draw upon experiences outside of school to impact upon performance.</li> </ul>



	<ul style="list-style-type: none"> <li>• Begin to show some understanding of simple tactics and basic compositional ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Can easily adapt and identify when to switch roles in a game.</li> </ul>	<ul style="list-style-type: none"> <li>• Link tactics with strategy and implement into a competitive situation.</li> <li>• Explain the impact of various tactics will have their own performance.</li> </ul>	various situations	
<b>Analyse and Evaluate own Performance and Demonstrate Improvement Across a Range of Physical Activities to Achieve Personal Best</b>	<ul style="list-style-type: none"> <li>• Describe and comment on their own and others actions</li> <li>• Identify areas of strength/weakness in their own/team performance</li> </ul>	<ul style="list-style-type: none"> <li>• Compare and comment on skills, techniques and ideas used in their own and others work</li> <li>• Can make suggestions to improve practice</li> </ul>	<ul style="list-style-type: none"> <li>• Have the confidence to address areas of weakness</li> <li>• Seek adult/peer advice to improve practice</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to act upon feedback given and understand why it needs to happen.</li> <li>• Will be able to review and act upon analysis with a level of independence.</li> </ul>	<ul style="list-style-type: none"> <li>• Can highlight the different improvements required across a range of activities and explain why they differ.</li> </ul>
<b>Leadership</b>	<ul style="list-style-type: none"> <li>• Take the lead on running safe and effective warm ups/cool downs</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the role of a leader</li> <li>• Take the lead as a team captain</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to plan a basic activity</li> <li>• Confidently lead others</li> </ul>	<ul style="list-style-type: none"> <li>• Assist staff in leading on KS3 fixtures/clubs</li> </ul>	<ul style="list-style-type: none"> <li>• Assist staff of leading KS3 fixtures/clubs and sports day</li> </ul>