

Applying understanding of what makes a performance effective

Year 7

Below

I find it hard to **identify key skills** which are required to make a performance successful.

Meeting

I can **identify key skills** which are required to make a performance successful in 2 or more activities.

Above

I can **describe key skills** which are required to make a performance successful in **some** different activities.

I have **some understanding of basic tactics and strategies** that I can use in competitive game situations.

Year 8

Below

I can only **identify key skills** which are required to make a performance successful in a **small number** of activities.

Meeting

I can **describe key skills** which are required to make a performance successful in **some** different activities.

I have **some understanding of basic tactics and strategies** that I can use in competitive game situations.

Above

I can **explain key skills** which are required to make a performance successful in a **variety** of different activities.

I have knowledge of effective performance and can use this to **improve my own and others' performances** in **some** activities.

Year 9

Below

I can only **describe key skills** which are required to make a performance successful in a **small number** of different activities.

Meeting

I can **explain why the key skills** are required to make a performance successful in a **variety** of different activities.

I have knowledge of effective performance and can use this to **improve my own and others' performances** in **some** activities.

Above

I can **analyse how and when the key skills** are used by performers to make a performance successful in **most** activities.

I have knowledge of effective performance and can use this to **improve my own and others' performances** in **most** activities.

Be physically active for sustained periods of time

Year 7

Below	Meeting	Above
<p>I struggle to sustain physical activity for more than a few minutes.</p> <p>I get tired easily.</p> <p>I do not push myself to improve my physical fitness.</p>	<p>I am able to take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I sometimes feel I have pushed myself to work harder than usual.</p>	<p>I can comfortably take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I often feel I have pushed myself to work hard.</p> <p>I view physically demanding activities as a challenge and a way to improve my fitness.</p>

Year 8

Below	Meeting	Above
<p>I struggle to sustain physical exercise for the duration of the activity.</p> <p>I get tired easily and do not try to keep going.</p> <p>I do not push myself to improve my physical fitness.</p>	<p>I am able to take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I sometimes feel I have pushed myself to work harder than usual.</p> <p>I understand how stamina/cardiovascular endurance can impact my performance in physical activity.</p>	<p>I can comfortably take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I often feel I have pushed myself to work hard.</p> <p>Knowing how stamina can impact my performance, I work hard regularly to improve my ability to keep going.</p>

Year 9

Below	Meeting	Above
<p>I struggle to sustain physical exercise for the duration of the activity.</p> <p>I get tired easily and do not try to keep going.</p> <p>I do not push myself to improve my physical fitness.</p>	<p>I am able to take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I sometimes feel I have pushed myself to work harder than usual.</p> <p>I can describe the health-related components of fitness and have reasonable levels to take part in some activities.</p>	<p>I can comfortably take part in physical exercise for the duration of the activity.</p> <p>When I finish a lesson, I often feel I have pushed myself to work hard.</p> <p>I can describe the health-related components of fitness and have excellent levels of these fitness components to take part in a variety of activities.</p>

Develop competence to excel in a broad range of physical activities

Year 7

Below	Meeting	Above
<p>I find it hard to perform key skills in a sport or activity.</p> <p>I do not understand or am not able to apply tactics and strategies.</p>	<p>I have some ability to perform key skills in a small range of sports or activities.</p> <p>I attempt to apply tactics and strategies with and sometimes they are successful.</p>	<p>I have a sound ability to perform key skills in a good range of activities.</p> <p>I am able to apply tactics and strategies with some success, in some activities.</p>

Year 8

Below	Meeting	Above
<p>I have some ability to perform key skills in a small range of sports or activities.</p> <p>I attempt to apply tactics and strategies with inconsistent outcomes.</p>	<p>I have a sound ability to perform key skills in a good range of activities.</p> <p>I am able to apply tactics and strategies with some success, in some activities.</p>	<p>I have a good ability to perform and link key skills in a wide range of sports or activities which vary in their demands.</p> <p>I can successfully apply tactics and strategies in a range of activities.</p>

Year 9

Below	Meeting	Above
<p>I have some ability to perform key skills in a small range of sports or activities.</p> <p>I can only apply tactics and strategies to a small variety of activities.</p>	<p>I have a sound ability to perform key skills in a good range of sports or activities which vary in their demands.</p> <p>I am able to apply tactics and strategies with some success, in a range of activities.</p>	<p>I have an excellent ability to perform and link key skills in an extensive range of sports or activities which vary in their demands.</p> <p>I can successfully apply tactics and strategies in a good range of activities, changing these to meet the demands of the competitive scenario.</p>

Developing understanding to lead healthy active lives

Year 7

Below	Meeting	Above
I have limited understanding of how physical activity contributes to a healthy active lifestyle.	I can identify ways in which exercise can lead to physical, emotional and social benefits.	I can describe how exercise can lead to physical, emotional and social benefits. I apply this understanding to my own lifestyle choices by taking part in regular physical activity in a variety of activities.

Year 8

Below	Meeting	Above
I have limited understanding of how physical activity, diet and sleep contributes to a healthy active lifestyle.	I can describe ways in which exercise can lead to physical, emotional and social benefits. I can identify ways in which diet and sleep patterns may contribute to a healthy active lifestyle.	I can explain ways in which physical activity can lead to physical, emotional and social benefits, including long term effects and potential risk factors. I can describe ways in which diet and sleep patterns may contribute to a healthy active lifestyle. I apply this understanding to my own lifestyle choices by taking part in regular and varied physical activity, monitoring my diet and ensuring good sleep patterns.

Year 9

Below	Meeting	Above
I have limited understanding of how physical activity, diet, sleep, hygiene and avoidance of harmful substances contributes to a healthy active lifestyle.	I can explain ways in which exercise can lead to physical, emotional and social benefits. I can describe ways in which diet and sleep patterns may contribute to a healthy active lifestyle. I can identify ways to keep good personal hygiene and how some substances may be harmful to health.	I can explain ways in which exercise can lead to physical, emotional and social benefits, including long term effects and potential risk factors. I can explain ways in which diet, sleep patterns personal hygiene and avoiding harmful substances may contribute to a healthy active lifestyle. I consistently apply this understanding to my own lifestyle choices by taking part in regular and varied physical activity, monitoring my diet, ensuring good sleep patterns, keeping good personal hygiene and avoiding harmful substances.

Engage in competitive sports and activities

Years 7, 8 and 9

Below	Meeting	Above
I have a small amount of involvement in only the compulsory aspects of competitive sporting opportunities.	I am engaged in all compulsory and some additional competitive sporting opportunities. I am involved as a participant and may take on leadership or officiating roles .	I have extensive and enthusiastic involvement in many aspects of competitive sports and activities. I regularly take on leadership and officiating roles with competence.

Competitive sporting opportunities

Compulsory PE curriculum	Additional Sporting opportunities (In school)	Additional Sporting opportunities (Beyond school)
<p>Lesson-based competitive scenario's</p> <p>Half-termly 'Olympic Tournaments'</p> <p>Form Sports activities</p> <p>Sports Days/Weeks</p> <p>School Camp Residentials</p>	<p>Intra-school tournaments or events (e.g. Wadebridge School Badminton tournament, Year 7 v Year 8 Football match)</p> <p>Inter-School Fixtures (against other schools)</p> <p>Cornwall Leagues</p> <p>County Tournaments</p> <p>Regional/National Pathways</p> <p>Cornwall School Games</p> <ul style="list-style-type: none"> • Qualifiers • Development pathway events <ul style="list-style-type: none"> • Finals • Winter, Summer and Beach Games <p>Sports Leaders UK Award</p> <p>Duke of Edinburgh Award (DofE)</p>	<p>Local school club links, local team leagues, competitions and tournaments</p> <p>County team selection/events</p> <p>National competitions/events</p> <p>Local sporting events (e.g. Park Run)</p>

