



'PE' - Year '8'

	Emerging –	Developing -	Secure -	Exceeding -
Skills	Pupils will be able to join and transitions appropriate skills and ideas with basic technique and apply them accurately within practice and competitive situations.	Pupils will be able to join and transition appropriate skills and ideas with technique whilst implementing them correctly and without losing control within practice and competitive situations.	Pupils will be able to join and transition appropriate skills and ideas with technique whilst implementing them with control and accuracy within practice and competitive situations.	Pupils will be able to apply and identify appropriate skills and ideas under practice and competitive situations with consistent control and accuracy.
Tactics/Compositional Ideas	Pupils will show basic knowledge and understanding of simple tactics/compositional ideas and be able to identify when to use them within different activities in PE.	Pupils will show basic knowledge and understanding of simple tactics/compositional ideas and attempt to apply them in different activities within PE.	Pupils will understand simple tactics/compositional ideas and apply them in different activities within PE	Pupils will understand simple tactics/compositional ideas and apply them correctly under specific situations and game play in different activities within PE.

<p>Evaluation Skills</p>	<p>Pupils will be able to observe others within their class identifying basic points to help them improve.</p>	<p>Pupils will be able to observe others within their class identifying strengths and weaknesses to help them improve.</p>	<p>Pupils will be able to evaluate others within their class and themselves using some subject specific terminology to identify their strength and weaknesses to help improve performance.</p>	<p>Pupils will be able to evaluate others within their class and themselves using subject specific terminology to identify their strength and weaknesses to help improve performance</p>
<p>Safety in Sport</p>	<p>Pupils will be able to identify and explain basic safety principles in different activities within PE.</p>	<p>Pupils will be able to explain and apply basic principles of safety when preparing for exercise.</p>	<p>Pupils to explain, select and apply the appropriate principles of safety when preparing for exercise.</p>	<p>Pupils will be able to explain, select and apply the appropriate principles of safety when preparing and completing exercise. In addition, explain the different components of a warmup and cool down.</p>
<p>Effects of Exercise</p>	<p>Pupils will be able identify how exercise affects the body.</p>	<p>Pupils will be able to describe how exercise affects the body and the importance of physical activity.</p>	<p>Pupils will be able to describe how exercise affects the body and explain the importance of physical activity</p>	<p>Pupils will be able to explain the effects of exercise on the body and why regular physical activity is beneficial physically, socially and mentally.</p>

