

Physical Education - Year 7 End of Half Term 1					
Expectations	Classwork, homework and assessments shows student has knowledge of				
	Sets	Girls		Boys	
	Set 1	Netball (Games)	Rugby (Games)	Rugby (Games)	Football (Games)
	Set 2	Badminton (Net&Wall)	Netball (Games)	Football(Games)	Basketball (Games)
	Set 3 Mixed	Netball (Games)		Hockey (Games)	
Activity	Games & Net and Wall activities			HRF	
Developing	Students demonstrate a competent level of skills , techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation. They are capable of applying some tactical and strategic ideas.			Students can describe what effects exercise has on their bodies. Students can explain how exercise is valuable to their fitness and health.	
Secure	Students demonstrate a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation. They are capable of applying some tactical and strategic ideas.			Students can explain how the body reacts to different types of exercise. They are beginning to understand different components of fitness and the location of major muscles in the body.	
Complex	Students demonstrate a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation. They are beginning to apply different and more advanced tactical and strategic ideas.			Students can describe at least 3 component of fitness and give examples in sport where this component is particularly important. Students can describe the short term effects of exercise on our body. Students are able to perform a good level of speed, power and stamina showing consistency and control.	