

Age Related Expectation - PE 2023/24

	End of KS2	Year 7	Year 8	Year 9	Year 10	Year 11
Knowledge and Understanding	<p>I understand how to improve in different physical activities and sports.</p> <p>I understand how to apply basic principles suitable for attacking and defending.</p>	<p>I understand the basic rules and scoring systems for different sports.</p> <p>I have an understanding of basic strategies and tactics to overcome opponents and can describe these.</p> <p>I understand a range of skills and techniques and can describe how to perform them.</p>	<p>I understand the main rules and scoring systems for different sports.</p> <p>I understand a range of strategies and tactics and can explain when to apply them in a competitive situation successfully.</p> <p>I understand a range of skills and techniques and can explain when to apply them.</p>	<p>I understand the rules and scoring systems for a range of sports and can explain these confidently.</p> <p>I understand when to successfully apply a range of tactics and strategies to overcome opponents in direct competition depending on the situation.</p> <p>I understand a range of complex skills and techniques and can explain when to apply them to a competitive situation to positively impact the game..</p>	<p>I understand how to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>I know how to develop my own technique and improve my performance in other competitive sports.</p>	<p>I understand how to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>I know how to develop my own technique and improve my performance in other competitive sports.</p>
Practical Performance	<p>I can play sport in a competitive situation and can apply basic principles suitable for attacking and defending</p> <p>I can use running, jumping, throwing and catching in isolation and in combination.</p>	<p>I can perform fundamental skills such as throwing, catching and running with control and success.</p> <p>I can perform a variety of skills with precision, fluency and control in practice.</p>	<p>I can confidently perform a variety of skills with precision, fluency and control in an isolated practice.</p> <p>I can demonstrate a variety of skills successfully, using the correct technique, in a competitive situation.</p>	<p>I can confidently perform a variety of complex skills with precision, fluency and control in practice.</p> <p>I can consistently select and apply the correct skills in a competitive situation having a positive impact on the game.</p> <p>I can create and</p>	<p>I can demonstrate how to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p>	<p>I can demonstrate how to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p>

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		I can play competitive games and can apply attacking/defending principles successfully.	I can demonstrate a range of strategies and tactics to overcome my opponents successfully.	implement a range of tactics in competitive games to overcome my opponents.		
Evaluating and Improving	I am able to compare my performances with previous ones and demonstrate improvement to achieve my personal best.	I can evaluate a performance and can suggest strengths and areas for improvement.	I can evaluate my own and others' performances suggesting strengths, areas for improvement and recommendations.	<p>I can analyse my own performance compared to a previous performance and demonstrate improvement to achieve personal best.</p> <p>I can analyse a performance and make the appropriate recommendations for improvement.</p>	I can evaluate my own performance compared to previous ones and demonstrate improvement across a range of physical activities to achieve my personal best	I can evaluate my own performance compared to previous ones and demonstrate improvement across a range of physical activities to achieve my personal best