Ursuline Academy Ilford Physical Education (Year 7) Invasion Games: Netball, Football, Basketball, Hockey, Ultimate Frisbee, Rugby

Initial- — a student whose understanding of the Y7 PE skills is still emerging will be able to:	Emerging – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Developing – a student who is developing their Y7 PE skills will be able to:	Secure – a student who is secure in the skills in the Y7 PE curriculum will be able to:	Advanced – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Mastered – a student who has mastered the skills in the Y7 PE curriculum will be able to:
Skills – Demonstrate	Skills – Link basic skills	Skills – Join skills such	Skills – Join some skills	Skills – Choose the	Skills – Choose the correct
basic skills, such as	such as throwing and	as throwing and	and ideas within	correct attacking and	attacking and defending
throwing and catching	catching and start to	catching, along with	attacking and defending	defending skills based	skills based on the sports
	generate ideas.	generated ideas, and	principles and implement	on the sports	principles and perform
		implement them	them with some control	principles and	them with consistent
		without losing control.	and accuracy.	perform them with	control and accuracy,
				consistent control and	demonstrating a high level
				accuracy.	of competence in various
				·	physical activities.
Tactics/composition	Tactics/composition	Tactics/composition	Tactics/compositional	Tactics/compositio	Tactics/compositional
al ideas –	al ideas –	al ideas –	ideas – Understand	nal ideas –	ideas – Be able to modify
Understand simple	Understand simple	Understand simple	simple attacking and	Understand simple	attacking and defending
attacking and	attacking and	attacking and	defending tactics /	attacking and	skills based on
defending tactics /	defending tactics /	defending tactics /	compositional ideas and	defending tactics /	evaluations,
compositional ideas.	compositional ideas	compositional ideas	be aware of them and	compositional ideas	compositional ideas, and
	and begin to use	and implement	use them in appropriate	and be aware of	techniques, contributing
	them in activities.	them in a small-	activities.	them and use them	to improved personal
		sided activity.		in a variety of	performance with a high
				activities and	degree of accuracy and
				situations.	effectiveness in game
					situations.
Evaluation skills –	Evaluation skills –	Evaluation skills – Able	Evaluation skills – Able to	Evaluation skills – Able	Evaluation skills – able
Watch others and talk	Watch others and talk	to watch others and	watch others and make	to identify strengths	Demonstrate a deep
about what is good and	about what is good and	make judgments on	judgments on what is	and weaknesses of my	understanding of personal
not.	not so good to help	what is good to help	good and bad to help	own performance to	strengths and weaknesses
	them improve.	them improve.	them improve.	help me improve and	in performance, providing

Safety in sport – Explain the basic principles of safety in relation to invasion games being completed.	Safety in sport – Explain the basic principles of safety in relation to invasion games being completed and understand the different officials used within a sport.	Safety in sport – Explain and apply basic principles of safety and rules when competing in an invasion game and within a competition. Understand the role an official has within a sport.	Safety in sport — Explain, apply, and use basic principles of safety when preparing for an invasion game and competing in a competitive situation. Describe the role of an official within a sport.	create appropriate solutions. Safety in sport – Able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to the invasion game. Evaluate the effect an official has on sport.	critical insights and creating effective solutions for self-improvement and development in physical activities. Safety in sport – Explain and demonstrate the four components of a warm-up effectively, adhering to safety procedures that are not only appropriate for invasion games but also for a wide range of physical activities. Additionally, critically
				,	evaluate and understand the significant impact officials have on sports and their outcomes.
Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the
body – Be able to know	body – Be able to describe	body – Describe how	body – Explain how	body – Be able to	body – Possess the ability
the effects on my body	how exercise affects my	exercise affects my body	exercise affects my body	evaluate my body's	to thoroughly evaluate
from exercise.	body.	and explain why regular	and explain why regular,	reaction to exercise.	one's body's response to
		activity is good for me.	safe activity is good for		exercise, taking into
			me.		consideration various
					factors and variables, and
					adjusting exercise routines
					or habits accordingly for
					optimal personal health
					and physical well-being.

Strike & Field Games: Rounders, Soft ball and Cricket

Initial- – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Emerging – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Developing – a student who is developing their Y7 PE skills will be able to:	Secure – a student who is secure in the skills in the Y7 PE curriculum will be able to:	Advanced – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Mastered — a student who has mastered the skills in the Y7 PE curriculum will be able to:
Skills – Able to demonstrate basic skills such as throwing, catching, and batting the ball.	Skills – Link basic skills such as throwing, catching, and batting the ball, and create ideas to make them work accurately.	Skills – Join skills such as throwing, catching, and batting a ball with ideas and implement them without losing control.	Skills – Join some skills and ideas on fielding or batting and implement them with some control and accuracy.	Skills – Choose the correct fielding or batting skills based on the sports principles and perform them with good control and accuracy.	Skills – Choose the correct attacking and defending skills based on the sports principles and perform them with consistent control and accuracy, demonstrating a high level of competence in various physical activities, and showcasing excellence in executing these skills.
Tactics/compositio nal ideas – Understand simple batting and fielding tactics / compositional ideas.	Tactics/compositio nal ideas — Understand simple batting and fielding tactics / compositional ideas and begin to use them in activities.	Tactics/compositio nal ideas — Understand simple batting and fielding tactics / compositional ideas and implement them in a small- sided activity.	Tactics/compositio nal ideas — Understand simple batting and fielding tactics / compositional ideas and be aware of them and use them in appropriate activities and situations.	Tactics/compositio nal ideas — Able to modify batting and fielding tactics based on evaluations, compositional ideas, and techniques to improve personal performance.	Tactics/compositio nal ideas – Be able to modify attacking and defending skills based on evaluations, compositional ideas, and techniques, contributing significantly to improved personal performance with a

Evaluation skills — Watch others and talk about what is good and not so good in strike and field games.	Evaluation skills — Watch others and talk about what is good and not so good to help them improve in strike and field games.	Evaluation skills – Be able to watch others and make judgments on what is good to help them improve in strike and field games.	Evaluation skills – Be able to watch others and make judgments on what is good and bad to help them improve and provide some feedback in strike and field games.	Evaluation skills – Able to identify strengths and weaknesses of my own performance to help me improve and provide detailed feedback in strike and field games.	high degree of accuracy and effectiveness in game situations, exhibiting exceptional tactical insight. Evaluation skills — Demonstrate a deep understanding of personal strengths and weaknesses in performance, providing critical insights and creating effective solutions for self-improvement and development in physical activities, displaying advanced analytical and self-
Safety in sport – Explain the basic principles of safety in relation to strike and field games being completed.	Safety in sport — Explain the basic principles of safety in relation to strike and field games, and understand the different officials used in the sport.	Safety in sport – Explain and apply basic principles of safety and rules when competing in strike and field games and within a competition. Understand the role of an official within a sport.	Safety in sport — Explain, apply, and use basic principles of safety when preparing for a strike and field game and competing in a competitive situation. Explain the role of an official within a sport.	Safety in sport – Be able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to strike and field games and describe the effect an official has on sport.	reflective abilities. Safety in sport — Explain and demonstrate the four components of a warm-up effectively, adhering to safety procedures that are not only appropriate for invasion games but also for a wide range of physical activities, while critically evaluating and comprehending the profound impact officials have on sports and their outcomes, displaying a high level

					of knowledge and judgment in safety and sports management.
Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise	Effects of exercise on the	Effects of exercise on
body – Be able to know	body – Be able to	body – Describe how	on the body – Be	body – Be able to	the body – Possess the
the effects on my body	describe how exercise	exercise affects my body	able to explain how	evaluate my body's	ability to thoroughly
from exercise.	affects my body in the	and explain why regular,	exercise affects my	reaction to exercise in the	evaluate one's body's
	context of strike and field	safe activity is good for	body and why	context of strike and field	response to exercise,
	games.	me in the context of	regular, safe activity	games.	taking into
		strike and field games.	is good for me,		consideration various
			especially in the		factors and variables,
			context of strike and		and adjusting exercise
			field games.		routines or habits
					accordingly for optimal
					personal health and
					physical well-being,
					demonstrating
					exceptional
					understanding and
					proactive approach
					towards personal
					health and well-being.

Racket Sports: Tennis, Badminton & Squash

Initial- – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Emerging – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Developing – a student who is developing their Y7 PE skills will be able to:	Secure – a student who is secure in the skills in the Y7 PE curriculum will be able to:	Advanced – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Mastered – a student who has mastered the skills in the Y7 PE curriculum will be able to:
Skills – Able to link basic skills such as serving, shots, and preparing the racket in racket sports.	Skills – Link basic skills such as serving, shots, and preparing the racket and create ideas to make them work accurately.	Skills – Join skills such as serving, shots, and preparing the racket and implement them without losing control.	Skills – Join some skills and ideas on offensive or defensive moves and implement them with some control and accuracy.	Skills – Choose the correct offensive or defensive move based on the sports principles and perform them with good control and accuracy.	Skills – Be able to choose the correct offensive or defensive move based on the sports principles and perform them with consistent control and accuracy, showcasing a high level of proficiency in executing these moves in various racket sports.
Tactics/compositional ideas – Understand simple deflection tactics / compositional ideas.	Tactics/compositional ideas – Understand simple deflection tactics / compositional ideas and begin to use them in activities.	Tactics/compositional ideas – Understand simple deflection tactics / compositional ideas and implement them in a small-sided activity.	Tactics/compositional ideas – Understand simple deflection tactics / compositional ideas and be aware of them and use them in appropriate activities and situations.	Tactics/compositional ideas – Able to modify deflection tactics based on evaluations, compositional ideas, and techniques to help improve personal performance with some accuracy.	Tactics/compositional ideas – Able to modify deflection tactics based on evaluations, compositional ideas, and techniques with a high degree of accuracy, significantly contributing to improving personal performance in racket sports.
Evaluation skills – Watch others and talk about what is good and not so good in racket sports.	Evaluation skills – Watch others and talk about what is good and not so good to help them improve in racket sports.	Evaluation skills – Be able to watch others and make judgments on what is good to help them improve in racket sports.	Evaluation skills – Be able to watch others and make judgments on what is good and bad to help them improve and provide some feedback in racket sports.	Evaluation skills – Able to identify strengths and weaknesses of my own performance to help me improve and provide some solutions in racket sports.	Evaluation skills – Possess the ability to identify strengths and weaknesses of one's own performance, using this understanding to create appropriate and effective solutions for self-improvement in racket sports.

Safety in sport – Be able	Safety in sport – Explain	Safety in sport – Explain	Safety in sport – Explain,	Safety in sport – Be able	Safety in sport – Be able to
to explain the basic	the basic principles of	and apply basic principles	apply, and use basic	to explain or demonstrate	explain or demonstrate the
principles of safety in	safety in racket sports	of safety and rules when	principles of safety when	the four components of a	four components of a
racket sports being	being completed and	competing in racket	preparing for a racket	warm-up. Adhere to	warm-up effectively.
completed.	understand the different	sports and within a	sport and competing in a	safety procedures	Adhere to safety
	officials used in the sport.	competition. Understand	competitive situation.	appropriate to racket	procedures that are
		the role of an official	Explain the role of an	sports and describe the	appropriate to racket
		within a sport.	official within a sport.	effect an official has on	sports and critically
				the sport.	evaluate the impact
					officials have on the sport's
					outcomes.
Effects of evention or the	-cc . c		ECC		
Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the
body – Be able to know	body – Be able to describe	body – Be able to describe	body – Be able to explain	body – Be able to	body – Possess the ability
body – Be able to know	body – Be able to describe	body – Be able to describe	body – Be able to explain	body – Be able to	body – Possess the ability to thoroughly evaluate one's body's response to
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my	body – Be able to describe how exercise affects my body and explain why regular, safe activity is	body – Be able to explain how exercise affects my body and why regular, safe activity is good for	body – Be able to evaluate my body's	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why	body – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why regular, safe activity is	body – Be able to explain how exercise affects my body and why regular, safe activity is good for	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me in the context	body – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me in the context	body – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and making necessary
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me in the context	body – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and making necessary adjustments for optimal
body – Be able to know the effects on my body	body – Be able to describe how exercise affects my body in the context of	body – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me in the context	body – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the	body – Be able to evaluate my body's reaction to exercise in the	body – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and making necessary

Performance Activities: Dance, Trampolining & Gymnastics

Initial- — a student whose understanding of the Y7 PE skills is still emerging will be able to:	Emerging – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Developing – a student who is developing their Y7 PE skills will be able to:	Secure — a student who is secure in the skills in the Y7 PE curriculum will be able to:	Advanced – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Mastered – a student who has mastered the skills in the Y7 PE curriculum will be able to:
Skills – Able to link basic skills such as balances, travels, and shapes.	Skills – Link basic skills such as balances, travels, and shapes and create ideas to make them work accurately.	Skills – Join skills such as balances, travels, and shapes and implement them without losing control.	Skills – Join some locomotion and technical movements and implement them with some control and accuracy.	Skills – Choose the correct movement pattern based on fluency and end goal them with good control and accuracy.	Skills – Be able to choose the correct offensive or defensive move based on the sports principles and perform them with consistent control and accuracy, showcasing a high level of proficiency in executing these moves in various racket sports, and demonstrating expertise in their application.
Tactics/compositional	Tactics/compositional	Tactics/compositional	Tactics/compositional	Tactics/compositional	Tactics/compositional
ideas – Understand what	ideas – Understand what	ideas – Understand what	ideas – Understand what	ideas – Able to modify	ideas – Able to modify
makes a routine	makes a routine	makes a routine	makes a routine	based on your	deflection tactics based on
aesthetically pleasing or	aesthetically pleasing or	aesthetically pleasing or	aesthetically pleasing or	understanding of how to	evaluations, compositional
the concept of	the concept of	the concept of	the concept of	make a routine	ideas, and techniques with
compositional ideas.	compositional ideas and	compositional ideas and	compositional ideas and	aesthetically pleasing or	a high degree of accuracy,
	begin to use them in	implement them in a	be aware of them and use	the concept of	significantly contributing to
	activities.	motif.	them in your own	compositional ideas and	improving personal
			routine.	techniques to help	performance in racket
				improve your own performance with some	sports, and displaying advanced tactical insight
				accuracy.	and creativity.
Evaluation skills – Watch	Evaluation skills – Watch	Evaluation skills – Be able	Evaluation skills – Be able	Evaluation skills – Able to	Evaluation skills – Possess
others and talk about	others and talk about	to watch others and make	to watch others and make	identify strengths and	the ability to identify
what is good and not so	what is good and not so	judgments on what is	judgments on what is	weaknesses of my own	strengths and weaknesses
good in performance	good to help them	good to help them	good and bad to help	performance to help me	of one's own performance,
activities.	improve and understand	improve and apply	them improve and	improve and create some	using this understanding to
	different scoring systems.	different scoring systems.	provide some feedback.	solutions. Apply different	create appropriate and

Safety in sport – Be able	Safety in sport – Be able	Safety in sport – Be able	Apply different scoring systems with your feedback. Safety in sport – Be able	scoring systems and create solutions on how to improve. Safety in sport – Be able	effective solutions for self- improvement in racket sports, and providing comprehensive feedback to oneself and others. Safety in sport – Be able to
to explain the basic principles of safety.	to explain the basic principles of safety in performance activities.	to explain and apply basic principles of safety and rules when competing in performance activities and within a competition.	to explain, apply, and use basic principles of safety when preparing for a performance activity and competing in a competitive situation.	to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to performance activities and evaluate the effect of these.	explain or demonstrate the four components of a warm-up effectively, adhering to safety procedures that are appropriate to racket sports, and critically evaluating the impact officials have on the sport's outcomes with a deep understanding of safety and sports management.
Effects of exercise on the		Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the
body – Be able to know	body – Be able to describe	body – Be able to describe	body – Be able to explain	body – Be able to explain	body – Possess the ability
the effects on my body from exercise.	how exercise affects my body in the context of	how exercise affects my body and explain why	how exercise affects my body and why regular,	how exercise affects my body and why regular,	to thoroughly evaluate one's body's response to
HOIH EXELCISE.	performance activities.	regular activity is good for me.	safe activity is good for me, especially in the context of performance activities.	safe activity is good for me. Additionally, possess the ability to evaluate my body's reaction to exercise and make informed adjustments to my exercise routines for optimal personal health and well-being.	exercise in the context of racket sports, taking various factors and variables into account and making necessary adjustments for optimal personal health and physical well-being, and displaying advanced knowledge of personal health and proactive management.

Athletics Events: Track & Field

Initial- — a student whose understanding of the Y7 PE skills is still emerging will be able to:	Emerging – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Developing – a student who is developing their Y7 PE skills will be able to:	Secure — a student who is secure in the skills in the Y7 PE curriculum will be able to:	Advanced – a student whose understanding of the Y7 PE skills is still emerging will be able to:	Mastered – a student who has mastered the skills in the Y7 PE curriculum will be able to:
Skills – Able to link basic skills such as running, throwing, and jumping.	Skills – Link basic skills such as running, throwing, and jumping and create ideas to make them work accurately.	Skills – Join skills such as running, throwing, and jumping and implement them without losing control.	Skills – Join some skills and ideas within specific events and implement them with some control and accuracy.	Skills – Choose the correct athletic skills based on the event and perform them with good control and accuracy.	Skills – Choose the correct athletic skills based on the event and perform them with consistent control and accuracy, demonstrating a high level of proficiency and excellence in executing these skills across various athletic events.
Modifications/transitions ideas – Understand simple modifications and transitions ideas.	Modifications/transitions ideas – Understand simple modifications and transitions ideas and begin to use them in activities.	Modifications/transitions ideas – Understand simple modifications and transitions ideas and implement them in a competitive situation.	Modifications/transitions ideas – Understand simple modifications and transitions ideas and be aware of them and use them in appropriate ones based on the chosen event/situation.	Modifications/transitions ideas – Able to modify and transition effectively based on evaluations/implement ideas and techniques to improve my own performance, with some accuracy in the chosen event.	Modifications/transitions ideas – Able to modify and transition effectively based on evaluations, implement ideas, and techniques to significantly improve personal performance, showcasing a high degree of accuracy and effectiveness in the chosen event.
Evaluation skills – Watch others and talk about what is good and not so good.	Evaluation skills – Watch others and talk about what is good and not so good to help them improve.	Evaluation skills – Be able to watch others and make judgments on what is good to help them improve and provide some feedback.	Evaluation skills – Be able to watch others and make judgments on what is good and bad in order to help them improve and provide some feedback. To apply different scoring systems with your feedback.	Evaluation skills – Be able to identify strengths and weaknesses of my own performance to help me improve and create some appropriate solutions. To apply different scoring systems and create solutions on how to improve.	Evaluation skills – Possess the ability to identify strengths and weaknesses of one's own performance, using this understanding to create appropriate and effective solutions for self-improvement, and providing comprehensive feedback with a high level of detail and expertise.

Safety in sport – Be able	Safety in sport – Be able	Safety in sport – Be able	Safety in sport – Be able	Safety in sport – Be able	Safety in sport – Be able to
to explain the basic	to explain the basic	to explain and apply basic	to explain, apply, and use	to explain or demonstrate	explain or demonstrate the
principles of safety in	principles of safety in	principles of safety and	basic principles of safety	the four components of a	four components of a
Athletics.	Athletics and understand	rules when competing in	when preparing for	warm-up. To adhere to	warm-up effectively,
	the different officials used	Athletics and within a	Athletics and competing	safety procedures	adhere to safety
	within an event.	competition. Understand	in a competitive situation.	appropriate to Athletics.	procedures that are
		the role an official has in	To explain the role of an	Describe the effect an	appropriate to Athletics,
		some events.	official within each event.	official has on each event.	and critically evaluate the
					impact officials have on
					each event with a deep
					understanding of safety
					and sports management.
Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the	Effects of exercise on the
body – Be able to know	body – Be able to describe	body – Be able to describe	body – Be able to	body – Be able to	body – Possess the ability
the effects on my body	how exercise affects my	how exercise affects my	describe how exercise	evaluate my body's	to thoroughly evaluate
from exercise.	body.	body and explain why	affects my body and	reaction to exercise.	one's body's reaction to
		regular activity is good for	explain why regular, safe		exercise within the context
		me.	activity is good for me.		of athletic events, taking
					various factors and
					variables into account and
					making necessary
					adjustments for optimal
					personal health and
					physical well-being,
					demonstrating advanced
					knowledge and insight into
					personal health and
					proactive management.