

## Year 7 PE Progress Criteria 2019

Foundation	Secure	Advanced	Exceptional
<p>Uses fundamental simple skills such as throwing, catching, running with some control and success</p> <p>Uses simple tactics, strategies and ideas</p> <p>Has a knowledge of 2 basic rules of the activity.</p> <p>Outlines what is good and bad about a performance.</p> <p>Performs simple skills in isolation with some control and accuracy</p> <p>Demonstrates a skill/movement when assisted or through instruction</p> <p>Demonstrates a basic level of fitness.</p>	<p>Performs some of the basic skills with a good level of accuracy, control and fluency under competitive pressure.</p> <p>Performs some advanced techniques which maintain a good level of accuracy, fluency and control in practice situations.</p> <p>Demonstrates a good basic understanding of the game and on occasions applies their application of team strategies and tactics.</p> <p>Demonstrates a good awareness of some of the basic rules and regulations during performance.</p> <p>Able to give a good analysis and coaching strategies on own and others performance, including basic tactics, skills and strategies.</p> <p>Demonstrates a good level of fitness for a Y7 pupil.</p>	<p>Performs the basic skills with an excellent standard of accuracy, control and fluency under competitive pressure.</p> <p>Performs some advanced techniques which under pressure maintain an excellent standard of accuracy, fluency and control.</p> <p>Successfully selects and uses the most appropriate skill on some occasions, maintaining their composure under competitive pressure.</p> <p>Demonstrates an excellent understanding of the game through their application of some team strategies and tactics.</p> <p>Demonstrates an excellent awareness of some of the basic rules and regulations during performance.</p> <p>Influences some game situations and other performers around them.</p>	<p>Performs the basic skills with an exceptional standard of accuracy, control and fluency under competitive pressure.</p> <p>Performs some advanced techniques which under pressure maintain an exceptional standard of accuracy, fluency and control.</p> <p>Successfully selects and uses appropriate skills on many occasions. Maintaining their composure under competitive pressure.</p> <p>Demonstrates an exceptional understanding of the game through their application of some team strategies and tactics.</p> <p>Demonstrates an exceptional awareness of most of the basic rules and regulations during performance.</p> <p>Has a significant influence on the game and other performers around them.</p> <p>Able to give exceptional analysis and coaching strategies on own and others performance, including some basic tactics, skills and strategies.</p> <p>Demonstrates exceptional levels of fitness for a Y7 pupil.</p>

		<p>Able to give excellent analysis and coaching strategies on own and others performance, including some basic tactics, skills and strategies.</p> <p>Demonstrates excellent levels of fitness for a Y7 pupil.</p>	
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