

## Year 7 Physical Education Progress Criteria 2015

Emerging	Expected	Exceeding	Excellence
When performing, pupils show some precision, control and fluency.	When performing in different physical activities, pupils consistently show precision, control and fluency.	Pupils select and combine skills, techniques and ideas and use them in a widening range of familiar and unfamiliar physical activities and contexts, performing with consistent precision, control and fluency.	Pupils consistently use advanced skills, techniques and ideas with precision, control, fluency and originality.
Pupils link skills, techniques and ideas and apply them accurately and appropriately.	Pupils select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities.	Pupils select and combine advanced skills, techniques and ideas, adapting them accurately and appropriately to meet the demands of increasingly complex situations. They explain the principles of practice and training, and apply them effectively.	Pupils consistently apply advanced strategies, tactics or composition, these principles with originality, proficiency and flair in their own and others' work.
Pupils show that they understand tactics and composition.	Pupils show that they can draw on what they know about fitness components, strategy, tactics and composition to produce effective outcomes.	Pupils apply the principles of advanced fitness development, strategies, tactics and compositional ideas in their own and others' work, and modify them in response to changing circumstances and other performers.	Pupils are increasingly independent in finding imaginative and different solutions to problems posed by themselves and others. They critically analyse and judge their own and others' work, showing that they understand how skills, strategy, tactics or composition and fitness relate to and affect the quality and originality of performance in different physical activities.
Pupils compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their performance.	Pupils modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances. They analyse and comment on skills, techniques and ideas and how these are applied in their own and others' work.	Pupils analyse and comment on their own and others' work as individuals and team members, showing that they understand how skills, tactics, composition and fitness relate to the quality of the performance. They plan ways to improve their own and others' performance and act on these decisions in order to bring about the improvements.	Pupils reach judgements independently about how their own and others' performance could be improved, prioritising aspects for further development.
Pupils explain and apply basic safety principles when preparing for exercise. They describe how exercise affects their bodies, and why regular, safe activity is good for their health and wellbeing. They work with others to plan and lead simple practices and activities for themselves and others.	Pupils explain how the body reacts during different types of activity, and why physical activity is an essential component of a healthy lifestyle. They plan, organise and lead practices and activities safely, helping others' to improve their performance.	Pupils explain the benefits of regular, safe and planned physical activity on physical, mental and social wellbeing. They take on different roles within an activity, showing an ability to organise and communicate effectively, and applying rules fairly and consistently or adhering to the conventions and codes of conduct for activities.	Pupils consistently apply appropriate knowledge and understanding of health and fitness in all aspects of their work. They understand the contribution physical activity makes to their physical, mental and social wellbeing and participate regularly in physical activity both in and out of school for the benefit of their health and wellbeing.