

Year 7	Skill development	Teamwork	Creativity	Understanding Health	Personal qualities
Emerging	Being able to perform skills to a basic level - throwing, catching, running, jumping, kicking & striking with a basic level of co-ordination. There is a basic understanding of the techniques required to be able to play the sport eg a basic serve in table tennis, the chest pass in netball or basic bowling technique in cricket without using spin or pace	On a basic level, being able to employ attacking or defensive strategies to beat opposing teams. Students are often quiet in group situations with little input, but will carry out group tasks despite preferring to work alone.	Being able to come up with basic ideas when performing in front of others eg: creating a simple performance in gymnastics or creating a set move to beat a defender in a 2 v 1 game of football. Students are able to have some input into group discussions on how to overcome problems but sometimes prefer to follow the lead of others.	Student is able to explain why exercise is important and why it is good for them and they are able to take part in most fitness activities to a basic level	Students are often off task or lacking effort to fully achieve what they are capable of. They will try to be positive about sport and PE and are able to describe, with help, their basic strengths and weaknesses in the subject
Developing	Sometimes, students are able to show some quality and control, eg: stopping and passing a ball to a player in hockey or being able to hold a balance, with control in gymnastics. Students are beginning to show some sport specific techniques like dribbling in basketball, with a sound level of success and control	Being able to work with others to overcome opposition players in a 3 v 1 situation and to have some input when working in groups to discuss strategies for beating opponents or overcoming obstacles. In larger group situations, students prefer to follow the lead of others.	Students are beginning to employ strategies to overcome obstacles. They are able to implement some of their own ideas with little assistance or support eg designing a basic gymnastics routine consisting of a variety of movements and balances, linked together to form a routine.	Students attempt to take part in all activities and they are aware of the changes to their body during exercise. Students understand the importance of a warm-up and what it should include.	Students can produce work of a sound level but sometimes need to be kept on task. They will listen to help and advice and are beginning to respond positively to failure.
Securing	Students are able to demonstrate some sport specific skills in isolation or in small group practises, eg passing to a partner to beat a passive defender in rugby or returning a ball to a "feeder" in table tennis using the backhand push. These skills will deteriorate in a game situation, particularly against stronger opposition but there will still be a level of success. Skill selection is improving eg passing with the outside of the foot in football to evade the defender or switching from forehand to backhand in tennis. Students now have control of their performance and are successful, regularly.	When asked, students will be able to lead a small group of friends in devising strategies to overcome the opposition. They will understand their role in a team and can work with others to achieve a goal eg: what to do and where to stand when using a zone defence in basketball.	Students are now able to adapt the strategies and tactics they have learned to the game situation or activity. They will attempt to change their tactics to be based on the strengths and weaknesses of others eg identifying an opponent's weaker hand and hitting the ball towards it, in a game of table tennis.	Students are able to keep up with the majority of a training session and are able to show speed, strength, flexibility and stamina during lessons. They can explain the benefits of different types of training methods.	Students are usually self motivated and will perform with a sound level of effort. They can respond to critical feedback and understand that failure often leads to improvement.
Advancing	Students are able to demonstrate skills in competitive situations with a good degree of success and can perform advanced skills, adapting them to the situation. Control and quality of work does not suffer in game situations, when put under pressure by opposition. Students have a good level of knowledge and advanced techniques and will employ the correct response to a situation with a high level of success eg performing a crossover in basketball to evade a defender or setting a screen to help teammates attack the hoop.	Students are able to work with others towards a common goal. They will know their role within a group and are able to organise others around them, to achieve a team target eg a lineout call in rugby.	Students are able to take the lead in practices and performances, they will show an advanced level of knowledge of tactics and can adapt strategies in response to the opposition. In activities like gymnastics their sequences are original and well constructed.	Students are able to fulfill the physical demands of each activity and can explain the benefits of physical exercise and regular participation in sport and exercise. They will have a good level of speed, strength, stamina and flexibility.	Students are well motivated and always perform with a good level of effort. They will demonstrate resilience when they fail in their own work and empathy towards others who may struggle in theirs. These students will be determined to improve and take pride in representing school sports teams.
Mastering	Excellent level of technique performed to a very high standard eg being able to perform handstands, handsprings and walkovers, with exceptional control in a gymnastics routine, or accurately playing a backhand topspin return in table tennis with a high level of accuracy and success. Students will perform the correct response to a sporting situation with a very high level of success and be able to adapt to and overcome changing situations. Their performances will show a very high level of fluency and control, regardless of the situation.	Students are able to work with, and help others, to achieve a common goal. They can analyse and adapt to game situations, with an understanding of their role in a game eg a set play in basketball or a backs move in rugby. These students enjoy working with other players.	Students are not worried by failure and will show flair and imagination in their work, they will adapt to any situation and use original strategies, on the spot, to perform at a very high level eg catching a cricket ball on the boundary rope and throwing it back in for a 2nd catch or scoring a basket after being fouled during a lay-up.	Students show very high levels of personal fitness and enjoy fitness sessions. They will understand which sports/positions, best suit their physical attributes and show a desire to remain fit and healthy for their future lives. Students will take a leading role in promoting their own health and fitness.	Students are highly motivated and always perform with maximum effort. They will show empathy towards their peers, who may be struggling and will help others to improve. Students will be highly confident in their own performances and can deal with high pressure situations.