

Subject: Physical Education

	Progress objective 1 PERFORMANCE	Progress objective 2 HEALTH & FITNESS	Progress objective 3 PARTICIPATION & COMPETITION	Progress Objective 4 LEADERSHIP
Pathway 1	<p>INCREASED PRECISION & FLUENCY</p> <ul style="list-style-type: none"> A <u>wide range</u> of skills are controlled and accurate with few unforced errors. <u>Some</u> skills are transferred and applied <u>appropriately</u> to different activities. <u>Mostly sound</u> knowledge of tactics and understanding of the correct rules. Can contribute <u>significantly</u> to own and others performances. 	<p>DEVELOPED ENERGY & COMMITMENT</p> <ul style="list-style-type: none"> Is generally <u>very</u> energetic. Encourages others and can set <u>challenging</u> fitness targets. Generally sound knowledge of <u>most</u> areas of fitness relating to different training methods. Bleep test score ≥ 6.5 	<p>DETERMINED & SPORTSMANSHIP</p> <ul style="list-style-type: none"> Answers questions willingly and is <u>eager to learn</u> and succeed through advice sought. <u>Sets an example</u> to others and is fair during competitive situations. Attends 3 extra-curricular clubs and has <u>captained</u> a team or led within a club. 	<p>DEVELOPED MANAGEMENT & ORGANISATION</p> <ul style="list-style-type: none"> Can lead others when asked. Can lead a <u>3 part</u> warm-up, including a skill practice. Can take on 2 different roles. Identifies similar/different skills/techniques amongst peers using <u>correct</u> language
Pathway 2	<p>A top of pathway student shows PRECISION & FLUENCY</p> <ul style="list-style-type: none"> A <u>range</u> of skills are controlled and accurate with some unforced errors. <u>Some</u> skills are transferred and applied to different activities. <u>Mostly sound</u> knowledge of <u>basic</u> tactics and understanding of <u>some</u> rules. Can <u>contribute</u> to own and others performances. <p>Bottom of pathway student shows INCREASED CONTROL</p> <ul style="list-style-type: none"> Can perform <u>basic</u> skills correctly and understands the <u>basic</u> rules around each activity. Recognises own and others strengths and can <u>identify</u> areas for development. 	<p>A top of pathway student shows ENERGY & COMMITMENT</p> <ul style="list-style-type: none"> Is generally energetic. Encourages others and can <u>set own</u> fitness targets. Generally sound knowledge of <u>some</u> areas of fitness relating to different training methods. Bleep test score ≥ 6 <p>Bottom of pathway student shows INCREASED EFFORT</p> <ul style="list-style-type: none"> Applies effort when exercising. <u>Basic</u> knowledge and understanding of <u>some areas</u> of fitness & training. Bleep test score ≥ 5.5 	<p>A top of pathway student shows DETERMINATION & SPORTSMANSHIP</p> <ul style="list-style-type: none"> Answers questions willingly and <u>listens well</u> to advice provided. Works <u>co-operatively</u> with others and is fair during competitive situations. Attends 2 extra-curricular clubs and has <u>led</u> a team within a club. <p>Bottom of pathway student shows ENGAGED & RESPECTFUL ATTITUDE</p> <ul style="list-style-type: none"> Knows when it is appropriate to discuss/ talk with peers, works well in a team. Answers <u>simple</u> questions from the teacher when prompted. Attends 1 extra-curricular club regularly. 	<p>A top of pathway student shows MANAGEMENT & ORGANISATION</p> <ul style="list-style-type: none"> Can lead others when asked. Can lead a <u>good</u> warm-up, including a skill practice. Can take on 2 different roles. Identifies similar/different skills/techniques amongst peers. <p>Bottom of pathway student shows MORE ABILITY TO ASSIST</p> <ul style="list-style-type: none"> Contributes to <u>leading</u> a warm-up in a team. Can <u>take on 1</u> other role of leadership. Identifies <u>basic</u> l'ship skills.
Pathway 3	<p>A top of pathway student shows CONTROL</p> <ul style="list-style-type: none"> Can perform <u>some basic</u> skills correctly and understands <u>most of the basic</u> rules around each activity. Recognises own and others strengths and can make <u>simple suggestions</u> for development. <p>Bottom of pathway student shows FUNDAMENTAL SKILLS</p> <ul style="list-style-type: none"> Can perform <u>limited</u> skills in different activities with <u>brief</u> knowledge of rules. Can apply these skills in a performance however it is <u>not always</u> the correct decision 	<p>A top of pathway student shows EFFORT</p> <ul style="list-style-type: none"> <u>Generally</u> applies effort when exercising, although not consistently. <u>Some</u> knowledge of <u>simple</u> methods of training & fitness. Bleep test score ≥ 5 <p>Bottom of pathway student shows PARTICIPATION</p> <ul style="list-style-type: none"> Happy to be <u>teacher led</u>. <u>Limited</u> knowledge of fitness and training methods. Bleep test score ≥ 4 	<p>A top of pathway student shows ENGAGED & RESPECTFUL ELEMENTS</p> <ul style="list-style-type: none"> Knows when it is appropriate to discuss/ talk with peers, works well in a team. Answers <u>simple</u> questions from the teacher when prompted but <u>requires some help</u>. Attends 1 extra-curricular club but <u>not consistently</u>. <p>Bottom of pathway student is PASSIVE & ENCOURAGING</p> <ul style="list-style-type: none"> Happy to <u>sit back</u> and <u>listen</u>. Needs <u>to be reminded</u> about expectations and involvement in lessons. Is positive when helping others. 	<p>A top of pathway student shows ASSISTING ELEMENTS</p> <ul style="list-style-type: none"> Can <u>make suggestions</u> to leaders taking a warm-up in a small group. <u>Basic understanding</u> of other roles of leadership. Identifies <u>good/bad</u> skills. <p>Bottom of pathway student shows PARTICIPATION</p> <ul style="list-style-type: none"> Happy to be <u>led by others</u>. <u>Relies</u> on prompts when giving feedback.