

Subject:

	Progress objective 1 : PERFORMANCE	Progress objective 2 HEALTH & FITNESS	Progress objective 3 COMPETITION	Progress Objective 4 LEADERSHIP
Pathway 1	<p>CREATIVITY</p> <ul style="list-style-type: none"> Consistently <u>accurate</u> skills performed to demonstrate <u>secure</u> tactical awareness. <u>Good</u> movement whilst using <u>sound</u> knowledge of rules to their advantage. Analyse and comment on own/others strengths and areas for development with <u>sound</u> knowledge & understanding. 	<p>SUSTAINED INTENSITY</p> <ul style="list-style-type: none"> Works with <u>good</u> effort levels for <u>all</u> sessions. <u>Sound</u> understanding of how to use training to improve identified areas of fitness. Bleep test score ≥ 7.5 	<p>PERSISTENT and GOOD ETIQUETTE</p> <ul style="list-style-type: none"> <u>Little</u> fear of failure and will seek <u>relevant</u> opportunities to learn. <u>Asks</u> questions to increase knowledge and enable improvement. Attends 2 extra-curricular clubs and played/ performed in <u>a few</u> competitive situations. Has attended an external club/organisation. 	<p>CONFIDENT LEADER</p> <ul style="list-style-type: none"> Can plan & lead larger grps of pupils, including peers. <u>Knows</u> how to <u>plan</u> a lesson. Can <u>take on 3</u> other roles. <u>Selects</u> skills and <u>assesses</u> the impact they have on performance.
Pathway 2	<p>A top of pathway student shows ELEMENTS OF CREATIVITY</p> <ul style="list-style-type: none"> <u>Accurate</u> skills performed consistently to demonstrate <u>sound</u> tactical awareness. <u>Good</u> movement within performances using <u>relevant</u> rules to their advantage. Analyse and comment on <u>others</u> strengths and areas for development with <u>sound</u> knowledge & understanding. <p>Bottom of pathway student shows 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/understanding. Can contribute <u>significantly</u> to own and others performances, 	<p>A top of pathway student shows INTENSITY</p> <ul style="list-style-type: none"> Works with <u>good</u> effort levels for <u>most</u> sessions. <u>Secure</u> understanding of how to use training to improve identified areas of fitness. Bleep test score ≥ 7 <p>Bottom of pathway student shows 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>A top of pathway student shows they are PERSISTENT with good ETIQUETTE</p> <ul style="list-style-type: none"> <u>Can accept</u> fear of failure and will seek further opportunities to learn. Will <u>sometimes</u> ask questions to increase knowledge and enable improvement. Attends 2 extra-curricular clubs and played/ performed in <u>one</u> competitive situation. <p>Bottom of pathway student shows 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 2 extra-curricular clubs and has <u>captained</u> a team or led within a club. 	<p>A top of pathway student can LEAD</p> <ul style="list-style-type: none"> Can lead larger groups of pupils. <u>Knows</u> the <u>structure</u> of a lesson. Can <u>take on 3</u> other roles. <u>Selects</u> skills and can <u>explain</u> the impact on performance. <p>Bottom of pathway student shows MANAGE & ORGANISE</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 <u>take on 2</u> different roles. Identifies similar/different skills/techniques amongst peers using <u>correct</u> language
Pathway 3	<p>A top 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>Bottom 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>A top 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>Bottom 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>A top of pathway student shows ENGAGED & RESPECTFUL</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>Bottom of pathway student shows ENGAGED & RESPECTFUL</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, <u>requires help</u> with answers. Attends 1 extra-curricular club but <u>not consistently</u>. 	<p>A top of pathway student will 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. <p>Bottom of pathway students can ASSIST</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.