

KS3 PE

	Year 7						Year 8						Year 9					
	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
become more competent in their techniques, and apply them across different sports and physical activities	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
become more confident in their techniques, and apply them across different sports and physical activities	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
become an expert in their techniques, and apply them across different sports and physical activities													x	x	x	x	x	x
understand what makes a performance effective and how to apply these principles to others' work.							x	x	x	x	x	x	x	x	x	x	x	x
understand what makes a performance effective and how to apply these principles to their own work.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
understand and apply the long-term health benefits of physical activity	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
use a range of tactics to overcome opponents in direct competition through individual games													x	x	x	x	x	x
use a range of strategies to overcome opponents in direct competition through individual games													x	x	x	x	x	x
use a range of tactics to overcome opponents in direct competition through team games													x	x	x	x	x	x
use a range of strategies to overcome opponents in direct competition through team games													x	x	x	x	x	x
develop their technique in other competitive sports	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
improve their performance in other competitive sports	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
perform dances using advanced dance techniques within a range of dance styles and forms	x	x	x	x														
take part in outdoor which present intellectual challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	x	x			x	x	x	x			x	x	x	x			x	x
develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life,	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
take part in competitive sports and activities outside school through community links or sports clubs.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
analyse their performances compared to previous ones							x	x	x	x	x	x	x	x	x	x	x	x
demonstrate improvement to achieve their personal best	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x