

Year 7		Curriculum Checkpoints: What do students know and what can they do?		
Physical Education	Establishing	Securing	Flourishing	Excelling
Know and show: Ability (motor skills), Tactics, Strategy, Rules and Fitness	Demonstrate specific skills and techniques in isolation and with some consistency in competitive situations.	Demonstrate a variety of skills and techniques in isolation and with consistency and accuracy in competitive situations.	Demonstrate a wide variety of skills and techniques in isolation and with consistency, accuracy and fluency in competitive situations	Demonstrate a good level of skills, techniques with accuracy with precision, control and fluency in isolation and competitive situations with confidence.
	Developing skills to work collaboratively and communicate with others in a team.	Works collaboratively and communicates with others in a team.	Works collaboratively and effectively communicates with others in a team with confidence.	Consistently works collaboratively and effectively communicates with others in a team with confidence.
	Actively participate during competitive situations	Actively participate and maintain a fair standard of performance during competitive situations	Actively participate and maintain a consistent standard of performance during competitive situations	Actively participate and maintain a consistent standard of performance during competitive situations
	Demonstrate an awareness of basic rules, regulations in a selected sport.	Demonstrate an awareness of most rules, regulations in a selection of sports.	Demonstrate an awareness of most rules, regulations in the majority of sports.	Demonstrate a good understanding of rules, and regulations in most sports.
	Describe simple tactics and strategies	Demonstrate an understanding of simple tactics and strategies during play	Demonstrate an understanding of effective tactics and strategies during play	Demonstrate an understanding of complex tactics and strategies during play
	Identify strengths in their own performance	Identify strengths and areas for improvement in their own performance	Identify strengths and areas for improvement in their own and others performance	Evaluate strengths and areas for improvement in their own and others performance
	State simple benefits of exercise.	Describes the benefits of exercise.	Describes the physical, emotional and social benefits of exercise.	Describe the physical, emotional and social benefits of exercise and the impact on lifestyle.