

| Year 9 | | 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 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. | Consistently demonstrate a good level of skills, techniques with accuracy with precision, control and fluency in isolation and competitive situations with confidence. | Consistently demonstrate an excellent level of skills, techniques with accuracy with precision, control and fluency in isolation and competitive situations with confidence. |
| | 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. | Consistently works collaboratively and effectively communicates with others in a team with confidence, taking on leadership responsibilities | Consistently works collaboratively and effectively communicates with others in a team with confidence, being effective in leadership responsibilities |
| | 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 | Actively participate and maintain a consistent and effective standard of performance during competitive situations |
| | Demonstrate an awareness of most rules, regulations in the majority of sports. | Demonstrate a good understanding of rules, and regulations in most sports. | Demonstrate a good understanding of rules, and regulations in most sports and will take a lead on officiating. | Demonstrate a good understanding of rules, and regulations in most sports and will take an active role when officiating and officiate with authority. |
| | Demonstrate an understanding of effective tactics and strategies during play | Demonstrate an understanding of complex tactics and strategies during play | Demonstrate an understanding of complex tactics and strategies during play and is a key player in executing these | Demonstrate an understanding of complex and advanced tactics and strategies during play and is a key player in executing these |
| | Identify strengths and areas for improvement in their own and others performance | Evaluate strengths and areas for improvement in their own and others performance | Evaluate strengths and weaknesses in depth in their own and others performance | Evaluate strengths and weaknesses in depth in their own and others performance and seeks to improve own performance |
| | Describes the physical, emotional and social benefits of exercise. | Describe the physical, emotional and social benefits of exercise and the impact on lifestyle. | Explain the physical, emotional and social benefits of exercise and the impact on lifestyle. | Explain in detail the physical, emotional and social benefits of exercise and the impact on lifestyle. |