

Year 10		Curriculum Checkpoints: What do students know and what can they do?		
Physical Education	Developing	Securing	Flourishing	Excelling
J587/01 & 01 Paper 1. Physical factors affecting performance. Paper 2. Socio-cultural issues and sports psychology 60%	AO1: Limited knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO2: Limited knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO3: Limited analyse and evaluation of the factors that underpin performance and involvement in physical activity and sport	AO1: Some knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO2: Able to apply some knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO3: Attempts to analyse and evaluate some of the factors that underpin performance and involvement in physical activity and sport	AO1: Has a good understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Can accurately apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO3: Can analyse and evaluate the factors that underpin performance and involvement in physical activity and sport	AO1: Has excellent knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO2: Applies knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport AO3: Can analyse and evaluate a range of factors that underpin performance and involvement in physical activity and sport
J587/04 Practical Team and individual skills and application 30%	AO4: Demonstrates some basic skills, techniques and decision making with limited precision, control and fluency during a conditioned/ competitive situation. Selects some appropriate skills and has limited awareness of tactics, strategies or compositional ideas.	AO4: Demonstrates a competent level of basic skills, techniques, decision making and some advanced skills all with some precision, control and fluency during a conditioned/ competitive situation. Selects appropriate skills and has a level of awareness of tactics, strategies or compositional ideas	AO4: Demonstrates a good level of skills, techniques, decision making and many advanced skills with very good precision, control and fluency during a conditioned/ competitive situation. Selects appropriate skills and has good awareness of tactics, strategies or compositional ideas.	AO4: Demonstrates a very good level of skills, techniques decision making and the majority of advanced skills all with excellent precision, control and fluency during a conditioned/ competitive situation, Selects appropriate skills and has an excellent awareness of tactics, strategies or compositional ideas.
J587/05 Analysing and evaluating performance 10%	1. Some attempt to evaluate strengths and weaknesses, with some accuracy, using appropriate test for each component. 2. Gives limited justification in their analysis of the importance of different components of fitness in their chosen activity. 3. Gives a fairly accurate overview of some key skills required. 4. Gives limited assessment of their strengths and weaknesses of their skills in a chosen activity. 5. Movement analysis and classification of skill is limited. 6. Produces a limited action plan, containing: limited understanding of the principles of training, limited drills and practices, some application of SMART, overall understanding is basic.	1. Evaluates strengths and weaknesses with some accuracy, using appropriate tests for each component. 2. Give some justification in analysis of the importance of different components of fitness in their chosen activity. 3. Gives a fairly accurate overview of most of the key skills required. 4. Gives an accurate assessment of some of their own strengths and weaknesses of their skill in a chosen activity. 5. Movement analysis and classification of skill is fairly accurate. 6. Produces an accurate action plan containing: some understanding of the principles of training, a range of drills and practices, application of SMART is accurate, overall understanding is good.	1. Shows good evaluation of strengths and weaknesses, using appropriate tests for each component. 2. Give good justification of the importance of the different components of fitness in their chosen activity. 3. Gives an accurate overview of most of the key skills required. 4. Gives an accurate assessment of their own strengths and weaknesses of their skill in a chosen activity. 5. Movement analysis and classification of skill is accurate. 6. Produces a detailed and accurate action plan, containing: a good understanding of the training principles, good range of detailed drills and practices with some coaching points, accurate application of SMART, Overall understanding is very good.	1 Shows excellent evaluation of strengths and weaknesses, using appropriate tests for each component. 2. Gives an excellent justification of the importance of the different components of fitness in their chosen activity. 3. Gives an accurate overview of all the key skills required. 4. Gives an accurate and thorough assessment of their own strengths and weaknesses of their skill in a chosen activity. 5. Movement analysis and classification of skill is detailed and accurate. 6. Produces a detailed and accurate action plan, containing: an excellent understanding of the principles of training, an excellent range of detailed drills and practices with coaching points, accurate application of SMART, overall understanding is excellent.