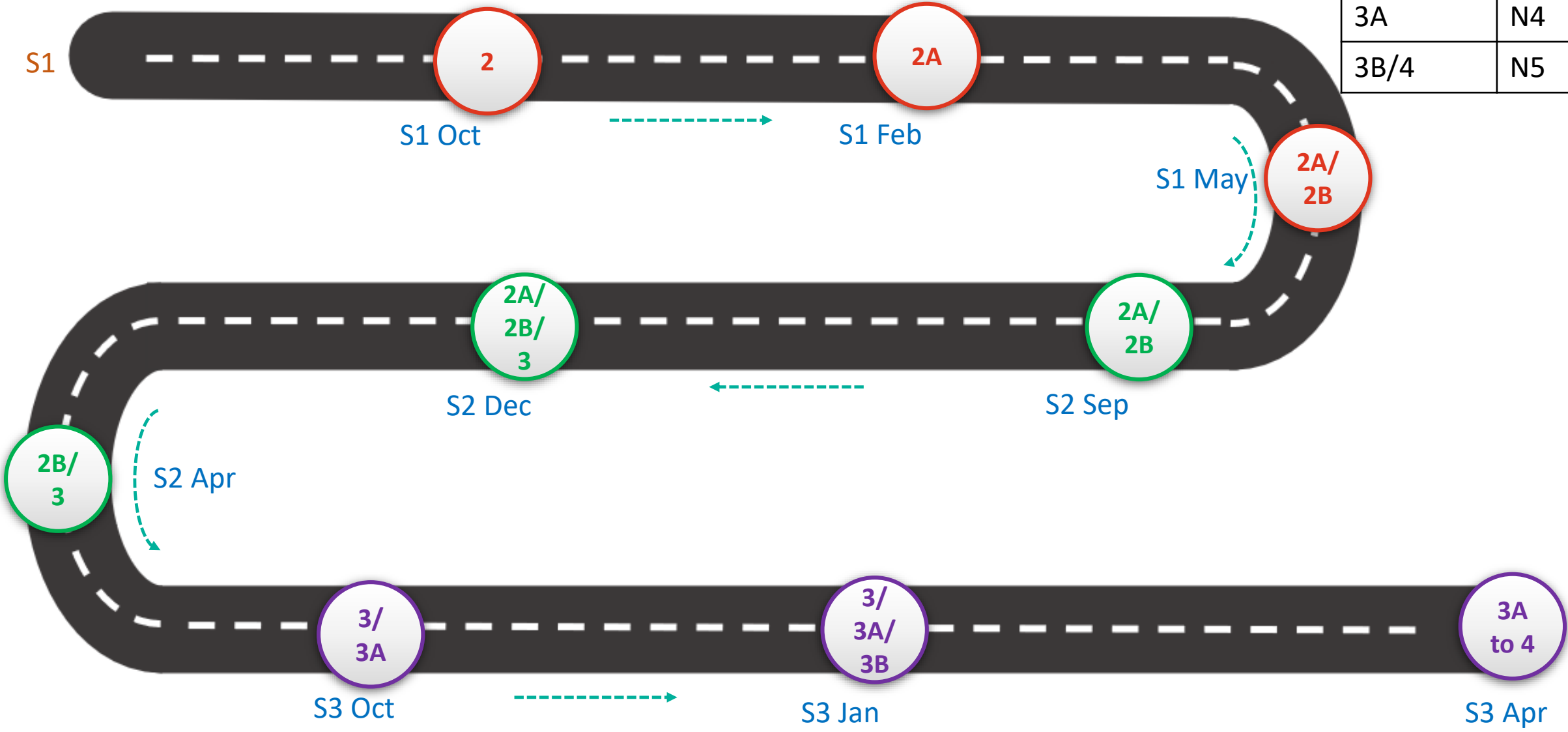


BGE Progression Framework to N5

Subject: Physical Education

 **Next >**

By April S3	Pathway
2B	N3
3A	N4
3B/4	N5





Year	Period	Course Overview
S1	August - December	<ul style="list-style-type: none">• Invasion Games: Football/Basketball/Rugby• Social Dance
	January - May	Net Sports: Badminton & Volleyball Aesthetic: Gymnastics Fitness & Athletics Summer Team Games
S2	August - December	Net sport 2/ Team game 2 Athletics/ Personalisation 2
	January - May	Net Sport / Fitness/Team Game Personalisation 1
S3	August - December	Net Sport / Fitness/Team Game Personalisation 1
	January - May	Net sport 2/ Team game 2 Athletics/ Personalisation 2



Physical Education -Type of Assessment



On-Going
High Quality
Periodic

Year Group	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
S1 Core PE		Work with others to improve range of skills and tactics	Practise, consolidate and refine skills.	Select, adapt and apply movement skills.	Select, adapt and apply movement skills. & Work with others to improve range of skills.	Reflect on my work against a criteria & use this to progress further.	Developing and sustaining my levels of fitness.	Reflect on my work against a criteria & use this to progress further.	Personalisation Block: Invasion Games Net Games Fitness Aesthetics	Developing and sustaining my levels of fitness & reflect on my work against a criteria & use this to progress further.	
S2 Core PE		Demonstrating skills & applying strategies creatively with control and accuracy.	Practise and improving skills for performance.	Applying movement skills creatively & with control.	Contribute to teams and groups through my knowledge of individual strengths, group tactics and strategies & applying movement skills creatively & with control. (Personalisation Block)	Analysing my own performance strengths and others & how to improve.	Developing and sustaining my levels of fitness.	Contribute to teams and groups through my knowledge of individual strengths, group tactics and strategies & applying movement skills creatively & with control. (Personalisation Block)	Analysing my own performance strengths and others & how to improve.	Developing and sustaining my levels of fitness & Analysing my own performance strengths.	
S3 Core PE		Demonstrating & applying a wide range of complex movement skills, strategies, creatively with control, accuracy & consistency.	Practise and improving skills for a high quality performance.	When learning with others I take leadership of different roles, responsibilities, contribute to an inclusive environment & demonstrate behaviour to support fair play.	Applying a wide range complex movement skills & learning with others in an inclusive environment. (Personalisation Block)	Observe, reflect, describe key elements of performance, check for improvement and make decision how to progress.	Developing and sustaining my levels of performance across all aspect of fitness.	Applying a wide range complex movement skills & learning with others in an inclusive environment. (Personalisation Block)	Observe, reflect, describe key elements of performance, check for improvement and make decision how to progress.	Developing and sustaining my levels of performance across all aspect of fitness & Observe, reflect, describe key elements of performance.	

S1 Basketball



Everyone will have

- ✓ I can maintain a low dribble and some level of control of the basketball in a practice.
- ✓ I can perform a bounce and chest pass to someone in space.
- ✓ I can identify when to use each shot within a game.
- ✓ I can identify and describe what M2M defence is and how to do it.

Most people will also have

- ✓ I can maintain a dribble with some level of control in a game.
- ✓ I can recognise when to play each pass and perform it with no pressure.
- ✓ I can perform a layup with no dribble. I can perform a set shot with no pressure.
- ✓ I can mark an opponent in a game.

Some people will also have

- ✓ I can maintain and change between two types of dribbles in a game.
- ✓ I can perform each pass with accuracy in a game.
- ✓ I can perform a layup and set shot with no pressure. I can explain why to use each shot.
- ✓ I can identify who to mark before the game starts and explain why.

S1 Volleyball



Everyone will have

- ✓ I can setup my hand and arms and get into position.
- ✓ I can use the underarm serve or underarm throw and get it over the net.
- ✓ I can communicate with others and use first time touches or catch & push to keep the ball from hitting the floor.
- ✓ I am able to keep record of the score, recognised when a point is scored.

Most people will also have

- ✓ I can control the ball using catch & push or first time using either the volley or dig technique.
- ✓ I can use the underarm serve from distance successfully to play it over the net.
- ✓ I can work well with others & play the volley and the dig technique first time to stop it from hitting the floor using multiple touches.
- ✓ I can work independently & with my team mate and demonstrate different techniques before returning the ball over the net.

Some people will also have

- ✓ I can accurately apply placement within one of the techniques for volley or dig.
- ✓ I can use the underarm serve from the service line and successfully play it over the net.
- ✓ I can work well with others and use effective communication to call for the ball and I am able to play techniques first time using multiple touches to get the ball over the net.
- ✓ I can play 2vs2 games using multiple touches using dig and volley technique, keeping the score and following some rules.

S1 Rugby

< Back



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space during practices.
- ✓ I can run forward with the ball whilst maintaining some control.
- ✓ I can demonstrate how to perform a touch tackle in practices.
- ✓ I can identify some of the different rules and roles in rugby.

Most people will also have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can run forward with the ball whilst maintaining full control of it.
- ✓ I can demonstrate how to perform a touch tackle in a game of touch rugby.
- ✓ I can identify some of the different rules and roles in rugby.

Some people will also have

- ✓ I can play a pop pass with some level of consistency in a game scenario.
- ✓ I can run forward with the ball whilst maintaining control and change direction quickly.
- ✓ I can identify how to safely tackle an opposition player during a game.
- ✓ I understand some of the roles members of my team have and demonstrate them in a game.

S1 Social Dance

< Back



Everyone will have

- ✓ I understand what timing is.
- ✓ I understand what a rhythmical beat is.
- ✓ I can keep in time clapping along to the beat.
- ✓ I know when the starting point of one dance is.
- ✓ I can perform one dance.

Most people will also have

- ✓ I can keep in time with the traditional music for some of the dance.
- ✓ I can identify a rhythmical beat.
- ✓ I can keep in time with my partner.
- ✓ I can count myself in and start one dance at the correct point in the music.
- ✓ I can perform one dance with confidence and fluency.

Some people will also have

- ✓ I can keep in time with the traditional music for most of the dance.
- ✓ I understand that there are different rhythmical beats.
- ✓ I can keep in time with my peers.
- ✓ I can count myself in and start some dances at the correct point in the music.
- ✓ I can perform some dances with confidence and fluency.

S1 Gymnastics

< Back



Everyone will have

- ✓ I can identify a rotational skill.
- ✓ I can identify a balance.
- ✓ I can identify a skill that uses flight.
- ✓ I can identify a variety of floor and vault skills.

Most people will also have

- ✓ I can perform a rotational skill.
- ✓ I can perform a balance.
- ✓ I can perform a skill that uses flight.
- ✓ I can create a short gymnastics routine that includes vaulting and floor work.

Some people will also have

- ✓ I can perform a rotational skill in a gymnastics routine.
- ✓ I can perform a balance in a gymnastics routine.
- ✓ I can perform a skill that uses flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes a variety of vaults and floor work skills.

S1 Fitness

< Back



Everyone will have

- ✓ I am beginning to demonstrate safe use of equipment.
- ✓ I am beginning to understand the need to be physically active on a daily basis.
- ✓ I am beginning to perform some fitness exercises.

Most people will also have

- ✓ I am beginning demonstrate safe and correct use of equipment.
- ✓ I can identify a variety of ways to monitor intensity including pulse, breathing rate, sweating, red cheeks.
- ✓ I can perform fitness exercises for a variety of body parts.

Some people will also have

- ✓ I can frequently demonstrate safe and correct use of equipment.
- ✓ I can count my pulse rate.
- ✓ I can perform fitness exercises for a variety of body parts including upper body, lower body and core.
- ✓ I can identify my own strengths within fitness.

S1 Badminton



Everyone will have

- ✓ I can demonstrate a serve over the net.
- ✓ I can occasionally demonstrate some skills (overhead & underarm shots) in some development approaches.
- ✓ I can remember the correct score within games & identify a rule.

Most people will also have

- ✓ I can demonstrate a serve that has some height & distance.
- ✓ I can usually demonstrate a broad range of skills in specific development approaches.
- ✓ I can remember the correct score within games, 1 key rule & remember the court lines within games.

Some people will also have

- ✓ I can demonstrate two serves: a high serve that has some height and distance, a low serve that is close to the net and opposite serving line.
- ✓ I can consistently apply a broad range of skills in specific development approaches.
- ✓ I can remember & apply the correct score, 2 key rules and remember the court lines and apply the correct rules within games.

S1 Football



< Back



Everyone will have

- ✓ I can pass with the inside of my foot at close range while standing.
- ✓ I can dribble the ball with my inside of my foot - with my strong foot.
- ✓ I can identify a role for myself. I can stick to my role.
- ✓ I can use the inside or sole of my foot to receive a pass and stop the ball dead.

Most people will also have

- ✓ I can pass with the inside of my foot at close and mid-range to a person in space.
- ✓ I can use both feet to dribble the ball. I can use the soles of my feet to control the ball.
- ✓ I can identify a formation for my team to set up for a game.
- ✓ I can use the inside or sole of my foot to stop the ball in front of me ready for the next pass.

Some people will also have

- ✓ I can perform short/mid-range passing within a game when while dribbling. I can recognise triangulation passing structures.
- ✓ I can dribble the ball with both feet. I can begin to gather speed when dribbling with the ball with some control.
- ✓ I can select roles for each of my team mates. I can define roles for each of my team mates and explain why.
- ✓ I can use either foot to stop the ball in front of my ready for my next pass.

S1 Table Tennis

< Back



Everyone will have

- ✓ I am able to play a serve over the net.
- ✓ I am able to use forehand and backhand grip.
- ✓ I am able to keep record of the score and identify one rule.
- ✓ I am able to play a game up to seven points, apply rules and keep the score.

Most people will also have

- ✓ I am able to play a serve over the net diagonally.
- ✓ I can play a FP and BP shot using the right grip.
- ✓ I can keep record of the score and identify two rules.
- ✓ I am able to play a game up to seven points, apply rules, keep the score and organise my round robin games.

Some people will also have

- ✓ I am able to play a serve diagonally over the net with some speed.
- ✓ I can play the correct shot in response to my opponent and use the correct grip.
- ✓ I can keep record of the score and identify three or more rules.
- ✓ I am able to play a game up to seven points, apply a different variety of shots, apply rules, keep the score and organise my round robin games.

S1 Handball



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing in space during practices
- ✓ I can keep close control of the ball when dribbling during practices.
- ✓ I can demonstrate how to shoot the handball from a standing position on the edge of the circle.
- ✓ I can identify how to set up in defence in a competitive game.

Most people will also have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can keep close control of the ball when dribbling in a game.
- ✓ I can demonstrate how to shoot the handball from a standing position on the edge of the circle.
- ✓ I can identify how to set up in defence in a game.

Some people will also have

- ✓ I can play a chest pass and bounce pass confidently in a game scenario.
- ✓ I can demonstrate dribbling the ball up the court in a competitive game.
- ✓ I can identify when is best to perform the different types of shot.
- ✓ I can demonstrate how to defend with my team in a competitive game.

S1 Athletics



Everyone will have

- ✓ I am able to take part in a variety of track & field events.
- ✓ I can demonstrate a sprint & middle distance running technique.
- ✓ I can demonstrate jumping techniques.
- ✓ I can throw a variety of equipment.

Most people will also have

- ✓ I can be competitive in a variety of events
- ✓ I can demonstrate consistent pacing
- ✓ I can demonstrate control during take-off and landings
- ✓ I can use a push or pull throw for the shot or javelin

Some people will also have

- ✓ I can accomplish the 100m in a sub 17 seconds time/ 200m in a sub 36 seconds time/ 300m in a sub 60 seconds time.
- ✓ I can accomplish the 800m in a sub 4 minutes time.
- ✓ I can jump a minimum height/distance: of 1m for HJ/ 2m for the LJ & 4m for TJ.
- ✓ I can throw a minimum of 5m for Shot Putt & Javelin 10m

S2 Physical Education



S2 Football



Everyone will have

- ✓ I can pass with the inside of my foot at close and mid-range. I can identify which pass to use within a game.
- ✓ I can dribble the ball with control with my strong foot.
- ✓ I can demonstrate a finesse shot (inside of foot).
- ✓ I can identify a formation for my team to set up for a game.

Most people will also have

- ✓ I can pass with the inside of my foot accurately at close and mid-range with precision.
- ✓ I can dribble the ball with both feet with control. I can begin to gather speed when dribbling with the ball with some control.
- ✓ I can demonstrate finesse/dead ball and a touch and finish within a game.
- ✓ I can select roles for each of my team mates. I can define roles for each of my team mates.

Some people will also have

- ✓ I can perform short/mid-range passing within a game. I can perform a close/mid-range pass with one touch. I can identify when to use triangulation passing and complete this in a game.
- ✓ I can dribble the ball with both feet with control. I can dribble the ball at various speeds.
- ✓ I can perform each shot within a game under some level of pressure. I can perform each shot with accuracy.
- ✓ I can select an appropriate formation for my team and define each role. I have an understanding of depth, width and using space.

S2 Volleyball



< Back



Everyone will have

- ✓ I can setup my hand and arms, track the ball and get into position.
- ✓ I can use the underarm serve or underarm throw and get it over the net.
- ✓ I can work well with others and use multiple touches to keep the ball from hitting the floor (I can also use catch & push technique or play it first time).
- ✓ I am able to keep record of the score, recognised when a point is scored and apply some basic rules into a game.

Most people will also have

- ✓ I can control the ball using either or both the volley and dig technique.
- ✓ I can use the underarm serve from service line and successfully play it over the net.
- ✓ I can work well with others & play the volley and the dig technique first time to stop it from hitting the floor.
- ✓ I can work with my team mate(s) and apply different techniques using at least two touches before returning the ball over the net.

Some people will also have

- ✓ I can accurately apply placement within both techniques.
- ✓ I can use the underarm & overhead serve from the service line and successfully play it over the net.
- ✓ I can work well with others and use effective communication to call for the ball and I am able to play techniques first time using three touches to get the ball over the net.
- ✓ I can play 3vs3 games using three touches using dig and volley technique, keeping the score and following the rules.

S2 Table Tennis



Everyone will have

- ✓ I am able to play a forehand serve over the net.
- ✓ I am able to perform either a forehand or backhand push.
- ✓ I am able to keep track of scores and play a short rally with my opponent (conditioned games to differentiate).
- ✓ I am able to play the ball to either side of the table.

Most people will also have

- ✓ I am able to play a forehand and backhand over to the net.
- ✓ I can play a FP and BP. I can play either a forehand drive or backhand drive at least once in a game.
- ✓ I can keep track of scores and apply some rules (some game conditions).
- ✓ I am able to setup a game plan where I can play the ball side to side and with some depth.

Some people will also have

- ✓ I am able to play a forehand and backhand with close to the net with some width & depth.
- ✓ I can play a variety of shots using a FP, BP, FD, BD and the brushing a technique.
- ✓ I can keep track of scores and apply all rules (minimal to no conditions).
- ✓ I am able to setup a game plan and avoid playing shots to my opponent's strengths and aim for their weakness.

S2 Badminton



< Back



Everyone will have

- ✓ I can pass with the inside of my foot at close and mid-range. I can identify which pass to use within a game.
- ✓ I can dribble the ball with control with my strong foot.
- ✓ I can demonstrate a finesse shot (inside of foot).
- ✓ I can identify a formation for my team to set up for a game.

Most people will also have

- ✓ I can pass with the inside of my foot accurately at close and mid-range with precision.
- ✓ I can dribble the ball with both feet with control. I can begin to gather speed when dribbling with the ball with some control.
- ✓ I can demonstrate finesse/dead ball and a touch and finish within a game.
- ✓ I can select roles for each of my team mates. I can define roles for each of my team mates.

Some people will also have

- ✓ I can perform short/mid-range passing within a game. I can perform a close/mid-range pass with one touch. I can identify when to use triangulation passing and complete this in a game.
- ✓ I can dribble the ball with both feet with control. I can dribble the ball at various speeds.
- ✓ I can perform each shot within a game under some level of pressure. I can perform each shot with accuracy.
- ✓ I can select an appropriate formation for my team and define each role. I have an understanding of depth, width and using space.

S2 Fitness

< Back



Everyone will have

- ✓ I am beginning to demonstrate safe use of equipment.
- ✓ I understand the need to be physically active on a daily basis.
- ✓ I am beginning to perform some fitness exercises including bodyweight, machines, weighted.

Most people will also have

- ✓ I can frequently demonstrate safe and correct use of equipment.
- ✓ I can identify a variety of ways to monitor intensity including pulse, breathing rate, sweating, red cheeks.
- ✓ I can perform most fitness exercises for a variety of body parts including upper body, lower body and core.
- ✓ I can identify my own strengths within fitness.

Some people will also have

- ✓ I can consistently demonstrated safe and correct use of equipment.
- ✓ I can count my pulse rate and max HR.
- ✓ I can carry out some training methods to improve my fitness e.g. circuit training.
- ✓ I can identify my own and others strengths within fitness.



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can run forward with the ball whilst maintaining control of it.
- ✓ I can demonstrate how to perform a touch tackle in a game of touch rugby.
- ✓ I can identify some of the different rules and roles in rugby.

Most people will also have

- ✓ I can play a pop pass with some level of consistency in a game scenario.
- ✓ I can run forward with the ball whilst maintaining control and change direction quickly.
- ✓ I can identify how to safely tackle an opposition player during a game.
- ✓ I understand some of the roles members of my team have.

Some people will also have

- ✓ I can demonstrate a variety of passes when under pressure and when on the move depending on the situation of the game.
- ✓ I can confidently run forward with the ball changing speed and direction depending on the tactics of the defenders.
- ✓ I can demonstrate and identify how to accurately tackle an opposition player in a game safely.
- ✓ I can understand the rules of a game and demonstrate the different roles that can be played in a competitive game.

S2 Social Dance



Everyone will have

- ✓ I can keep in time with the traditional music.
- ✓ I understand that there are different rhythmical beats.
- ✓ I can keep in time with my partner.
- ✓ I can count myself in and start one dance at the correct point in the music.
- ✓ I can perform one dance with confidence and fluency.

Most people will also have

- ✓ I can keep in time with the traditional music for most of the dance.
- ✓ I can recognise the difference between different rhythmical beats.
- ✓ I can keep in time with my peers.
- ✓ I can count myself in and start some dances at the correct point in the music.
- ✓ I can perform some dances with confidence and fluency.

Some people will also have

- ✓ I can keep in time with both the traditional and updated music for most of the dance.
- ✓ I can recognise the difference between most rhythmical beats.
- ✓ I can keep in time with my peers for most of the dance.
- ✓ I can count myself in and start most dances at the correct point in the music.
- ✓ I can perform most dances with confidence and fluency.

S2 Gymnastics

< Back



Everyone will have

- ✓ I can perform a rotational skill.
- ✓ I can perform a balance.
- ✓ I can perform a skill that uses flight.
- ✓ I can perform a variety of floor and vault skills.

Most people will also have

- ✓ I can perform a rotational skill in a gymnastics routine.
- ✓ I can perform a balance in a gymnastics routine.
- ✓ I can perform a skill that uses flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes vaulting and floor work.

Some people will also have

- ✓ I can perform a variety of rotational skills in a gymnastics routine.
- ✓ I can perform a variety of balances in a gymnastics routine.
- ✓ I can perform a variety of skills that use flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes a variety of vaults and floor work skills.

S2 Handball



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can keep close control of the ball when dribbling in a game.
- ✓ I can demonstrate how to shot the handball from a standing position on the edge of the circle.
- ✓ I can identify how to set up in defence in a competitive game.

Most people will also have

- ✓ I can play a chest pass and bounce pass confidently in a game scenario.
- ✓ I can demonstrate dribbling the ball up the court in a competitive game.
- ✓ I can identify when is best to perform the different types of shot.
- ✓ I can demonstrate how to defend with my team in a competitive game.

Some people will also have

- ✓ I can demonstrate a variety of passes in a game scenario
- ✓ I can demonstrate dribbling up the court with speed whilst in a competitive game.
- ✓ I can demonstrate a variety of shots recognizing when to perform each shot.
- ✓ I can demonstrate a variety of different ways I can defend myself or as a team in a game.

S2 Athletics



Everyone will have

- ✓ I am able to take part, complete & compete in a variety of track & field events.
- ✓ I can demonstrate & execute a sprint & middle distance running technique.
- ✓ I can demonstrate & execute a range of jumping techniques including 1-1, 1-2, scissors,
- ✓ I can use a push or pull technique to throw the shot or javelin successfully.

Most people will also have

- ✓ I can demonstrate an effective starting technique can react to starting instructions
- ✓ I can demonstrate consistent pacing with a relaxed arm and stride to complete the distance
- ✓ I can demonstrate increased fluency and control during take-off and landings
- ✓ I can apply greater force by transferring my weight to increase my throw

Some people will also have

- ✓ I can accomplish the 100m in a sub 15 seconds time/ 200m in a sub 35 seconds time/ 300m in a sub 57 seconds time.
- ✓ I can accomplish the 800m in a sub 3 minutes 30seconds time.
- ✓ I can jump a minimum height/distance: of 1m 20cm for HJ/ 3m 50cm for the LJ & 5m 00cm for TJ.
- ✓ I can throw a minimum of 7m 00cm for Shot Putt & Javelin 15m 00cm

S3 Physical Education



S3 Football



[< Back](#)



Everyone will have

- ✓ I can pass with the inside of my foot at close and mid-range with precision. I can use triangulation passing within a game.
- ✓ I can dribble the ball with close control and at speed within a game unopposed. I can perform basic skill moves.
- ✓ I can demonstrate a finesse/header/power shot with precision.
- ✓ I can identify an appropriate formation for my team to set up. I can identify each role within a formation.

Most people will also have

- ✓ I can pass with the inside of my foot accurately at close and mid-range with precision. I can play a long pass under no pressure within a game with precision. I can use triangulation passing to get the ball around opponents.
- ✓ I can dribble the ball at various speeds and transition from one dribble to another. I can use skill moves to create space for myself.
- ✓ I can demonstrate each shot with some level of consistency and accuracy under pressure within a game.
- ✓ I can select, adapt and apply the most appropriate strategy and justify decisions being made.

Some people will also have

- ✓ I can play any range pass under pressure with precision within a game. I can space players effectively to create triangulation passing and use this to move the ball round opponents under pressure.
- ✓ I can perform specialised movement skills/techniques with precision to create space for myself to get past my opponent.
- ✓ I can perform each shot with consistency and accuracy. I can perform each shot whilst moving at speed off a dribble.
- ✓ I can demonstrate creative thinking within a game of football and actively change my teams formation or tactic in play.

S3 Volleyball



< Back



Everyone will have

- ✓ I can setup my hand and arms & select the correct sequence of movements in response to the flight path of the ball.
- ✓ I can prepare myself by addressing the ball and use the heel of hand or palm of hand to guide the ball over the net.
- ✓ I can work cooperatively with others and we can apply different techniques to keep the ball up from hitting the ground.
- ✓ I am able to keep accurate records of scoring, follow safety rules, follow rotational rule and work as a group of 3 or 4 to compete against another team.

Most people will also have

- ✓ I can apply power to generate height and correct required distance within most techniques.
- ✓ I can execute both serves techniques with height and distance.
- ✓ I can work cooperatively with others using a variety of techniques that have height when passing/setting/receiving giving my team mate time to setup for their shot.
- ✓ I can work in a group of four using fulfilling a variety of different roles, keeping the score, performing safely, rotating at rally point and working in a bigger playing surface.

Some people will also have

- ✓ I can apply power, height and accurate placement within all shots.
- ✓ I can execute both serves with height, power, distance and accuracy.
- ✓ I can work cooperatively with others using effective communication to call for the ball, apply good height, control and accuracy within passing/setting/receiving giving my team mate time to setup for their shot.
- ✓ I can play 4vs4 games and apply three touch build up play using various techniques, keeping the score, playing safely and performing in a larger playing area.

S3 Basketball



Everyone will have

- ✓ I can maintain a low dribble and keep close control of the basketball within a game.
- ✓ I can perform each type of pass and recognise when is suitable to use each pass.
- ✓ I can recognise when to perform a layup, set shot, jump shot and pump fake and perform each under no pressure
- ✓ I can give examples of 3 types of defence and perform one type of defensive/attacking play in practice.

Most people will also have

- ✓ I can maintain two types of dribble and transition between 2 within a game.
- ✓ I can recognise when to use a pass and perform it with accuracy and control.
- ✓ I can recognise when is best to use each shot and apply this within a game.
- ✓ I can select and apply an attack such as a fast break within a game. I can select and apply an appropriate defensive structure.

Some people will also have

- ✓ I can maintain a low/mid & high dribble during a possession in a game of basketball with control & transition between 3.
- ✓ I can perform each pass under pressure and ensure it is accurate and on time for my team mates within a game.
- ✓ I can perform each shot with accuracy whilst under pressure within a game.
- ✓ I can interpret information quickly in a pressured situation and alter a strategy to suit my team's needs.

S3 Gymnastics



Everyone will have

Most people will also have

Some people will also have

- ✓ I can perform a rotational skill and perform it in a gymnastics routine.
- ✓ I can perform a balance and perform it in a gymnastics routine.
- ✓ I can perform a skill that uses flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes vaulting and floor work.

- ✓ I can perform a variety of rotational skills in a gymnastics routine.
- ✓ I can perform a variety of balances in a gymnastics routine.
- ✓ I can perform a variety of skills that use flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes a variety of vaults and floor work skills.

- ✓ I can perform some complex rotational skills in a gymnastics routine.
- ✓ I can perform some complex balances in a gymnastics routine.
- ✓ I can perform some complex skills that use flight in a gymnastics routine.
- ✓ I can create a gymnastics routine that includes some complex vaulting and floor work skills.

S3 Fitness

< Back



Everyone will have

- ✓ I can setup and use equipment safely independently.
- ✓ I can perform and demonstrate various exercises that will develop my stamina and muscular endurance – low level to moderate level adaptations.
- ✓ I am able to complete one set of fitness work within a set time frame.
- ✓ I can identify my working heart rate zone.

Most people will also have

- ✓ I can frequently setup and use equipment safely independently and with others.
- ✓ I can perform and demonstrate various exercises that will develop my stamina and muscular endurance – moderate level adaptations and some high level adaptations.
- ✓ I am able to complete two sets of fitness work within a set time frame & create one set of my own.
- ✓ I can calculate my maximum heart rate and work out my training zone.

Some people will also have

- ✓ I can consistently setup and use equipment safely independently and with others.
- ✓ I can perform and demonstrate various exercises that will develop my stamina and muscular endurance –level adaptations.
- ✓ I am able to complete three sets of fitness work within a set time frame and create both sets on my own.
- ✓ I can calculate my maximum heart rate and work out my training zone & I can work inside my training zone for the set period of time.

S3 Badminton



Everyone will have

- ✓ I can demonstrate a basic level of competency when performing an underarm or low serve; I can prepare myself ready to track the flight of my opponents serve.
- ✓ I can sometimes apply a basic repertoire of skills in specific development approaches with control and fluency.
- ✓ I can remember and apply the correct scoring procedures within games.
- ✓ I can work cooperatively with my team partner using one basic tactic.

Most people will also have

- ✓ I can demonstrate a high serve that moves my opponent out of their centre base and produce a low serve using back hand serve or low underarm serve; I can get side on to track flight path using a chasse step.
- ✓ I can usually apply a broad repertoire of skills in specific development approaches with control and fluency.
- ✓ I can remember and apply the correct scoring procedures & remember the court lines within games.
- ✓ I can work effectively with my team mate using some tactics to expose opponent's weaknesses.

Some people will also have

- ✓ I can demonstrate a high serve that has optimum height and distance, a low serve that is close to the net and opposite serving line; I can track flight path of shuttle with chasse step and using non striking arm for sighting.
- ✓ I can consistently apply a broad repertoire of skills in specific development approaches with control and fluency.
- ✓ I can remember & apply the correct scoring procedures, remember the court lines and apply the correct rules within games.
- ✓ I can work with my team mate effectively to make informed decisions about which tactics to use and why; we are able to play to our strengths and expose opponent's weaknesses.

S3 Athletics



Everyone will have

- ✓ I am able to take part, complete & compete in a variety of track & field events whereby I obtain a baseline & comparison: time, height or distance
- ✓ I can demonstrate & execute a sprint & middle distance running technique- using acceleration and desired pacing to accomplish my event.
- ✓ I can demonstrate & execute a range of jumping techniques linking moderate to complex subroutines to achieve a height or distance.
- ✓ I can use my body to transfer my weight & use momentum in order to throw the shot or javelin successfully.

Most people will also have

- ✓ I can use the correct starting technique driving upwards & keeping the body upright (gradually from sprint start) keeping the head straight, driving the arms & using effective stride staying inside my lane.
- ✓ I can use an effective staggered start; know when to overtake & how to overtake and finally knowing when to tactically move quicker towards the end of the event.
- ✓ I can demonstrate increased levels of flexibility in the hips in order to acquire a greater distance & height.
- ✓ I can use a greater degree of flexibility across my shoulder joint in my lever to produce a larger throw & applying rotation to gain more momentum.

Some people will also have

- ✓ I can accomplish the 100m in a sub 15 seconds time/ 200m in a sub 35 seconds time/ 300m in a sub 57 seconds time.
- ✓ I can accomplish the 800m in a sub 3 minutes 30seconds time.
- ✓ I can jump a minimum height/distance: of 1m 20cm for HJ/ 3m 50cm for the LJ & 5m 00cm for TJ.
- ✓ I can throw a minimum of 7m 00cm for Shot Putt & Javelin 15m

S3 Rugby



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can run forward with the ball whilst maintain control of it.
- ✓ I can demonstrate how to perform a touch tackle in a game of touch rugby.
- ✓ I can identify the different roles an individual plays in rugby and the rules that should be followed.

Most people will also have

- ✓ I can play a pop pass and a pendulum with some level of consistency in a game scenario.
- ✓ I can run forward with the ball whilst maintaining control and change direction running past a player.
- ✓ I can identify how to safely tackle an opposition player during a game.
- ✓ I can play a role in my team in a game and understand the role I have to perform in the game.

Some people will also have

- ✓ I can demonstrate a variety of passes when under pressure and when on the move depending on the situation of the game.
- ✓ I can confidently run forward with the ball changing speed and direction depending on the tactics of the defenders.
- ✓ I can demonstrate and identify how to accurately tackle an opposition player in a game safely.
- ✓ I can understand the rules of a game and demonstrate the different roles that can be played in a competitive game.

S3 Social Dance



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Everyone will have

- ✓ I can keep in time with the music.
- ✓ I can recognise the difference between different rhythmical beats.
- ✓ I can keep in time with my peers.
- ✓ I can count myself in and start my dance at the correct point in the music.
- ✓ I can perform the dance with confidence and fluency.

Most people will also have

- ✓ I can keep in time with the music for most of the dance.
- ✓ I can recognise the difference between most rhythmical beats.
- ✓ I can keep in time with my peers for most of the dance.
- ✓ I can count myself in and start my dance at the correct point in the music for most dances.
- ✓ I can perform most dances with confidence and fluency.

Some people will also have

- ✓ I can keep in time with the music for the full dance.
- ✓ I can recognise the difference between all rhythmical beats.
- ✓ I can keep in time with the music for all of the dance.
- ✓ I can count myself in and start my dance at the correct point in the music for all dances.
- ✓ I can perform all dances with confidence and fluency.

S3 Handball



Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can keep close control of the ball when dribbling in a game.
- ✓ I can demonstrate how to shot the handball from a standing position on the edge of the circle.
- ✓ I can identify how to set up in defence in a competitive game.

Most people will also have

- ✓ I can play a chest pass and bounce pass confidently in a game scenario.
- ✓ I can demonstrate dribbling the ball with speed up the court in a competitive game.
- ✓ I can identify when is best to perform the different types of shot.
- ✓ I can demonstrate how to defend with my team in a competitive game.

Some people will also have

- ✓ I can demonstrate a variety of passes depending on the situation of the game.
- ✓ I can demonstrate dribbling in both hands up the court with speed whilst in a competitive game.
- ✓ I can demonstrate a variety of shots and fake shots in a game, recognizing when to perform each shot.
- ✓ I can adapt defensive tactics with my team as a game progresses.

S3 Table Tennis

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Everyone will have

- ✓ I am able to play a forehand serve just over the net.
- ✓ I am able to perform a brushing/slicing action and land it on opponent's side (FP &BP)
- ✓ I am able to keep track of scores and organise my group's round robin games along with others.
- ✓ I am able to setup a basic game plan and carry this out using different techniques.

Most people will also have

- ✓ I am able to play a forehand and backhand with depth/width close to the net.
- ✓ I can play a FP and BP with consistency using brushing/slicing action. I am able to occasionally play a FD /BD rotating and hitting through the ball.
- ✓ I can keep track of scores, organise games and apply some rules.
- ✓ I am able to setup a game plan whereby I can play to my opponents' weaknesses to expose them.

Some people will also have

- ✓ I am able to play a forehand and backhand with depth/width close to the net with power.
- ✓ I can play a FP and BP with consistency using brushing/slicing action and with accuracy. I am able to occasionally play a FD /BD rotating and hitting through the ball using power and with some accuracy.
- ✓ I can keep track of scores, organise games and apply most of the rules.
- ✓ I am able to setup a game plan and adapt during the game should I feel it's necessary based on my opponent's style of play.

S3 Handball

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Everyone will have

- ✓ I can pass the ball to my teammate when they are standing free in space in a game.
- ✓ I can keep close control of the ball when dribbling in a game.
- ✓ I can demonstrate how to shot the handball from a standing position on the edge of the circle.
- ✓ I can identify how to set up in defence in a competitive game.

Most people will also have

- ✓ I can play a chest pass and bounce pass confidently in a game scenario.
- ✓ I can demonstrate dribbling the ball with speed up the court in a competitive game.
- ✓ I can identify when is best to perform the different types of shot.
- ✓ I can demonstrate how to defend with my team in a competitive game.

Some people will also have

- ✓ I can demonstrate a variety of passes depending on the situation of the game.
- ✓ I can demonstrate dribbling in both hands up the court with speed whilst in a competitive game.
- ✓ I can demonstrate a variety of shots and fake shots in a game, recognizing when to perform each shot.
- ✓ I can adapt defensive tactics with my team as a game progresses.