

Rivers Academy Age Related Expectations - **(Physical Education)**

	End of KS2	Year 7	Year 8	Year 9	Year 10	Year 11
Knowledge & Understanding	<p>Build on and develop their skills, learning to apply them in different ways.</p> <p>Be able to communicate, collaborate, and compete with their peers, while understanding how to improve their performance and recognize their own success.</p>	<p>Develop the knowledge and competence to excel in a range of team and individual sports.</p> <p>Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop knowledge of outdoor and adventurous activities Develop knowledge of how to analyse performances.</p> <p>Develop knowledge of how to take part in competitive sports and activities outside of school</p>	<p>Develop the knowledge and competence to excel in a range of team and individual sports.</p> <p>Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop knowledge of outdoor and adventurous activities</p> <p>Develop knowledge of how to take part in competitive sports and activities outside of school.</p> <p>Develop a knowledge and understanding of a range of fitness aspects including warming-up, cooling down procedures and components of fitness</p> <p>Develop knowledge in a range of theoretical sporting topics. Develop</p>	<p>Develop the knowledge and competence to excel in a range of team and individual sports.</p> <p>Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop knowledge of how to analyse individual performances.</p> <p>Develop knowledge of how to take part in competitive sports and activities outside of school.</p> <p>Develop knowledge and understanding of a range of fitness aspects including warming-up and Cooling down procedures.</p> <p>Develop knowledge in a range of theoretical sporting topics.</p>	<p>Demonstrate and apply knowledge and competence to excel in a range of team and individual sports.</p> <p>Demonstrate how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Apply knowledge of how to analyse individual performances and peers.</p> <p>Participate in competitive sports and activities outside of school.</p> <p>Apply and demonstrate knowledge and understanding of a range of fitness aspects and explain the importance of warm up/cool down.</p>	<p>Consistently apply the knowledge and competence to excel in a range of team and individual sports.</p> <p>Lead and Coach a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Create strategies to improve individual and team performances.</p> <p>Take part in competitive sports and activities outside of school.</p> <p>Recall knowledge of components of fitness and principles of training. Select a range of fitness components to develop and, or improve on.</p> <p>Apply knowledge and understanding of sports studies</p>

Rivers Academy Age Related Expectations - **Physical Education**

			knowledge of Health and safety aspects in PE	Develop knowledge of Health and safety aspects in PE	Develop and apply in depth knowledge in a range of theoretical sporting topics.  Develop and apply in depth knowledge of health and safety aspects in PE and extra curricular activities.	concepts  Demonstrates a <b>comprehensive</b> understanding of the different media sources relevant to their club's sporting activity.  Produces a <b>comprehensive</b> list of safety aspects and technology for safe and effective outdoor and adventurous activities.
Skill Acquisition	Use running, jumping, throwing and catching in isolation and in competitive games.  Apply basic principles suitable for attacking and defending.  Develop flexibility, strength, technique, control and balance.	Demonstrate basic skills in a range of team and individual sports in isolation/ unopposed.  Demonstrate very basic strategies for attack and defence in a range of team and individual sports.  Demonstrate very basic use of key rules in a range of sports.  Demonstrate simple dance sequences. Demonstrate basic problem solving skills	Demonstrate basic skills in a range of team and individual sports in small opposed drill practices.  Demonstrate a range of strategies showing some success for attack and defence in a range of team and individual sports.  Demonstrate basic use of key rules in a range of sports.  Demonstrate simple	Demonstrate more advanced skills in a range of team and individual sports in opposed drill practices and transfer these to competitive situations.  Demonstrate a range of more advanced strategies for attack and defence in a range of team and individual sports.  Demonstrate in depth use of key rules in a	Demonstrate and apply advanced skills in a range of team and individual sports. Apply these advanced skills and transfer them to a competitive situation.  Demonstrate and apply a range of advanced strategies for attack and defence in a range of team and individual sports. Applying	Consistently apply advanced skills and transfer them to a competitive situation in and out of school.  Coach/ Lead a range of advanced strategies for attack and defence in a range of team and individual sports  Coach/Lead/Officiate in depth the use of rules and regulations in a range of sports.

Rivers Academy Age Related Expectations - (Physical Education)

	<p>Perform dances using a range of movement patterns.</p>	<p>and basic orienteering skills.</p> <p>Demonstrate basic analysing and evaluating skills in a small range of sports. Use everyday language to explain performances.</p> <p>Plan and perform a warm-up with a partner Plan and perform a cool-down with a partner. Teamworking -working effectively with a partner.</p> <p>Demonstrate a good understanding in a range of basic theoretical sporting topics.</p> <p>Demonstrate a basic understanding of the importance of physical activity on overall health</p> <p>Demonstrate ability to exercise and use PE equipment safely.</p>	<p>dance sequences in a range of dance styles.</p> <p>Demonstrate advanced problem solving skills and orienteering skills using a compass.</p> <p>Demonstrate the ability to design an orienteering course with a partner.</p> <p>Demonstrate good analysing and evaluating skills. Use basic technical terms to explain performances.</p> <p>Plan and perform a warm-up to a small group. Plan and perform a cool-down to a small group Teamworking -working effectively within a small group.</p> <p>Demonstrate an understanding of different components of fitness.</p> <p>Demonstrate a good understanding in a range of theoretical sporting topics.</p> <p>Demonstrate a good</p>	<p>range of sports.</p> <p>Demonstrate advanced dance knowledge and creativity in a range of dance styles. Perform your own dance routine in a small group.</p> <p>Demonstrate in-depth analysis and evaluation skills. Use advanced technical terms to explain how to make improvements in performance in a range of sports for self and others.</p> <p>Plan and perform a warm-up to a class with a partner Plan and perform a cool-down to a class with a partner Teamworking -working effectively within a team.</p> <p>Demonstrate an excellent understanding in a range of advanced theoretical sporting topics.</p> <p>Demonstrate an in-depth understanding of the importance of</p>	<p>practice methods to support improvement in a range of sports.</p> <p>Demonstrate and apply in-depth analysis and evaluation skills. Use advanced technical terms to explain how to make improvements in performance in a range of sports for self and peer assessment.</p> <p>Demonstrate and apply knowledge and understanding of physical and psychological factors that affect performance and link to the warm up/cool down.</p> <p>Demonstrate, apply and show a clear understanding of advanced theoretical sporting events and topics.</p> <p>Demonstrate an in-depth</p>	<p>Lead and Apply advanced dance knowledge and creativity in a range of dance styles. Create dance routines in a range of small groups.</p> <p>Consistently use advanced technical terms to explain how to make improvements in performance in a range of sports for self and others.</p> <p>Develop skills as a performer in two different activities and learn to lead sporting activities</p> <p>Demonstrate their ability to develop and apply the core skills/techniques in increasingly demanding and progressive drills in each of their chosen activities.</p> <p>The quality of technique is maintained for all skills but may start to</p>
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			<p>understanding of the importance of physical activity on overall health</p> <p>Demonstrate the ability to exercise and use PE equipment safely for self and others</p>	<p>physical activity on overall health</p> <p>Demonstrate competence in a range of fitness tests and understand which component of fitness is being tested.</p> <p>Demonstrate a thorough understanding of health and safety issues in PE and follow these explicitly at all times teaching others of their importance</p>	<p>understanding and analysis of the importance of physical activity on the body and mind.</p> <p>Demonstrate and apply competence and consistency in a range of fitness tests and understand which component of fitness is being tested and explain the benefits of them.</p> <p>Demonstrate a thorough understanding of health and safety issues in PE. Explain the importance of these and follow these explicitly at all times, demonstrating leadership abilities to ensure that peers follow the example given.</p>	<p>deteriorate in the most challenging practices.</p> <p>Demonstrates shows a high level of ability to make successful and effective tactical and strategic decisions, almost always fully relevant to the position of the opponent(s)</p> <p>Apply the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport.</p> <p>Take part in outdoor and adventurous activities in natural settings, learning how to do this safely as well as understanding the benefits that these activities offer to people.</p>
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Leadership	<p>Take part in outdoor and adventurous activity challenges, both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate basic skills of a team leader.</p>	<p>To help a small group run their own Rivers Warm Up.</p> <p>Use of Rivers Warm up resource cards</p> <p>Use of groupings for Rivers warm up, lesson activities- roles within groupings</p> <p>Use of sport specific task cards which have variations of activities - choose variations appropriate to their group. Can use checklists to give personalised feedback to other members in their group.</p> <p>Assistant sports leaders -Supporting and promoting PE events and clubs Faculty AM groups.</p> <p>Break club involvement and organisation.</p>	<p>Assistant sports leaders.</p> <p>Use of Rivers Warm up resource cards.</p> <p>Groupings for Rivers warm ups based upon ability and targeted involvement.</p> <p>Roles within groups for equipment lead, warm up coach, assistant coach, group captain.</p> <p>Opportunities to adapt and create their own games or variations of teacher instruction.</p> <p>Use of sport specific task cards which have variations of activities - choose variations appropriate to their group. Can use checklists to give personalised feedback to other members in their group.</p>	<p>Sports leaders - Communicating with AM class and relaying information between AM and Sports leaders.</p> <p>Use of Rivers warm up resource cards as a starting point for students to use knowledge and experience to develop specific warm up variations.</p> <p>Student roles within groups, equipment lead, warm up coach, group captain, resource management, feedback lead.</p> <p>Students select skill rehearsal during activities based upon how to further develop their teams weaknesses .</p> <p>Students responsibility</p>	<p>Sports Captains - Assisting with Faculty Sporting Activities and Events after school, including at lunchtime.</p> <p>Use of Rivers warm up - selection and application (Core).</p> <p>Teams/ groupings individualised- students chose their option for the Term. (Core)</p> <p>Students responsible for running/scoring of league/ tournament standings. (Core)</p> <p>Sports captains ownership over interfaculty student sign up and involvement.</p> <p>Students responsibility for</p>	<p>Use of Rivers warm up - selection and application (Core).</p> <p>Teams/ groupings individualised- students chose their option for the Term. Students responsible for running/scoring of league/ tournament standings (Core)</p> <p>Cambridge National - Sports Studies option. Especially the Leadership module.</p>

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			Break club involvement and organisation.	for break time equipment use.  Break club involvement and organisation.	break time equipment use.  Break club involvement, organisation and supervision.  <a href="#">Cambridge National - Sports Studies option.</a>	
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