



I can participate effectively in lesson	I can demonstrate confidence, persistence and engagement when learning skills and can apply them to the activity.	I can link movements and performances at a good level across a number of activities.	I perform to a high level across a number of activities displaying a consistent level of skill and performance
I can outwit opponents individually or as part of a team	I can select and use simple tactics and ideas to aid my performance and being about successful outcomes	I can apply informed decisions in a number of activities and solve tactical problems. I understand how to employ tactics and strategies in familiar and less familiar situations.	I can suggest alternative solutions to problems and challenges
I can take responsibility for my own and other safety including warming up and cooling down	I can explain and apply safety principles when preparing and recovering from physical activity.	I can prepare independently and as a group for exercise and physical activity both mind and body.	I am confident in using my skills to aid others in preparing for physical activity and can explain the importance of preparation and recovery.
I can recognise the health benefits of regular participation and understand why it is essential for health and well being	I understand when I am performing aerobically and anaerobically and know the immediate effects of exercise on my body.	I can demonstrate and describe ways to improve health and wellbeing including how my muscles work during exercise I know the short term effects of exercise on my body	I understand the long term effects of exercise on my body, health and wellbeing and how different types of exercise can affect this. I am able to explain how participation in physical activity affects different people.
I can demonstrate good sporting etiquette in lessons and good sportsmanship	I show enthusiasm for physical activity and have begun to share this with others both in lessons and extra-curricular.	I can take on a variety of roles in lessons and use observations to improve my own and others performance including basic movements in performances	I can recognise key performance indicators and use these to feedback to peers using appropriate key terms when identifying strengths and weakness.

Year 7 PE Top Tips

-Ensure students have PE kit for each lesson so can be active learners in all practical activities.

-Students to have a positive mental attitude in each lesson-being an active participant can lead to other roles such as a coach and a leader.

-Get involved! Collect an extracurricular timetable and a list of local clubs from PE.