

Year 9 PE			
1 Invasion Games	<ul style="list-style-type: none"> Perform developed skills and techniques consistently, as isolated skills and in conditioned games. Consistently make effective strategic decisions in conditioned games and open play, applying all skills, techniques and tactics successfully to produce intended result. Identify and analyse errors in performance competently and use knowledge and understanding to effectively develop skills and techniques 	<ul style="list-style-type: none"> Quality of technique and skills are maintained throughout isolated skills and conditioned games, with some transference into full game situations. When faced with opposition, decision making is generally effective in both pre-determined situations and spontaneous situations. Make occasional minor errors, and be able to adapt when faced with progressively challenging situations. 	<ul style="list-style-type: none"> Quality of technique is maintained for all skills throughout all practices and competitive situations, extending through to full games. Decision making is consistently effective in all situations and recognised games. Make very few errors, and be able to adapt appropriately. Almost always produce intended results.
2 Fitness	<ul style="list-style-type: none"> Explain a range of short and long term responses to exercise using correct technical vocabulary Explain a number of benefits of a warm-up and cool-down, with the ability to plan and carry out an effective warm-up Develop a training programme using the principles of training Apply a range of training methods to your own training session for a specific activity Apply safety rules while taking part in in health and fitness activities effectively Maintain physical activity for extended periods of time using a consistent technique 	<ul style="list-style-type: none"> Analyse and explain the short and long term effects of exercise on performance Develop and analyse a training programme applying the principles of training Explain how the components of fitness relate to specific sports Demonstrate a range of training methods using effective technique Maintain physical activity for extended periods of time using the consistent technique and applying the safety rules 	<ul style="list-style-type: none"> Explain both the short and long term effects of exercise on performance Plan and analyse an effective training programme based around a specific activity Using the principles of training adapt and change exercises to show how to make progression Explain how to use your heart rate to identify Training Thresholds
3 Net/Wall Games	<ul style="list-style-type: none"> Consistently perform skills and techniques in both conditioned and open play situations. Consistently make effective decisions in conditioned and open play, applying skills, techniques and tactics effectively to produce intended results/accuracy. Competently make judgements regarding performance and effectively develop skills and techniques in different situations. 	<ul style="list-style-type: none"> Consistently perform a range of skills and techniques to a good standard with accuracy in conditioned and competitive situations. Be able to adapt and change technique in progressively challenging circumstances maintaining basic principles such as footwork, balance and grip. Start to make strategic and tactical decisions in competitive scenarios, which are usually effective. Students select and apply the most appropriate skills to outwit opponents. 	<ul style="list-style-type: none"> Decision making is consistently effective in all types of scenario. Few errors are made and footwork is quick and effective. A high level of technique and accuracy is evident and positioning on court is good. Confidently select and apply the most effective skills and strategies to outwit opponents.
4 Outdoor & Adventurous Activities	<ul style="list-style-type: none"> Consistently navigate around the woods with success gaining high scores within the competition. Be able to identify all key features on the map and be able to apply them with effective success. Work effectively within a team taking on a variety of roles. Demonstrate a competent ability to run over differing terrains keeping within a time scale. 	<ul style="list-style-type: none"> Consistently navigate around the woods with success consistently scoring highly within the competitions. Be able to identify all key features on the map and be able to apply them with consistent success. Work effectively within a team taking on a variety of roles and be able to explain the importance of each role. Demonstrate a consistent ability to run over differing terrains keeping within different time scales. 	<ul style="list-style-type: none"> Consistently navigate around the woods with success consistently scoring maximum points every week within the competitions. Demonstrate a consistent ability to run over differing terrains keeping within the time scales never being late . Demonstrate a basic understanding of how to use a bearing and explain when we use them.
5 Maximum Performance	<ul style="list-style-type: none"> Demonstrate a competent running action and effective tactical awareness with consistent success. Demonstrate competent actions for approach, take off , flight and landing for jumps. Demonstrate a range of competent throwing techniques using recognised actions with moderate success. 	<ul style="list-style-type: none"> Demonstrate or coach an effective running action and show the ability to make successful and effective tactical / strategic decisions, usually relevant to maximise performance, with only minor lapses Demonstrate or coach an effective jump technique and show the ability to make successful and effective tactical / strategic decisions, usually relevant to maximise performance, with only minor lapses Demonstrate or coach an effective throwing technique and show the ability to make successful and effective tactical / strategic decisions, usually relevant to maximise performance, with only minor lapses 	<ul style="list-style-type: none"> Coach an effective running action and show the ability to make successful and effective tactical / strategic decisions, to maximise performance, with consistent success. Coach an effective throwing technique and show the ability to make successful and effective tactical / strategic decisions, to maximise performance, with consistent success. Coach an effective jumping technique and show the ability to make successful and effective tactical / strategic decisions, to maximise performance, with consistent success.