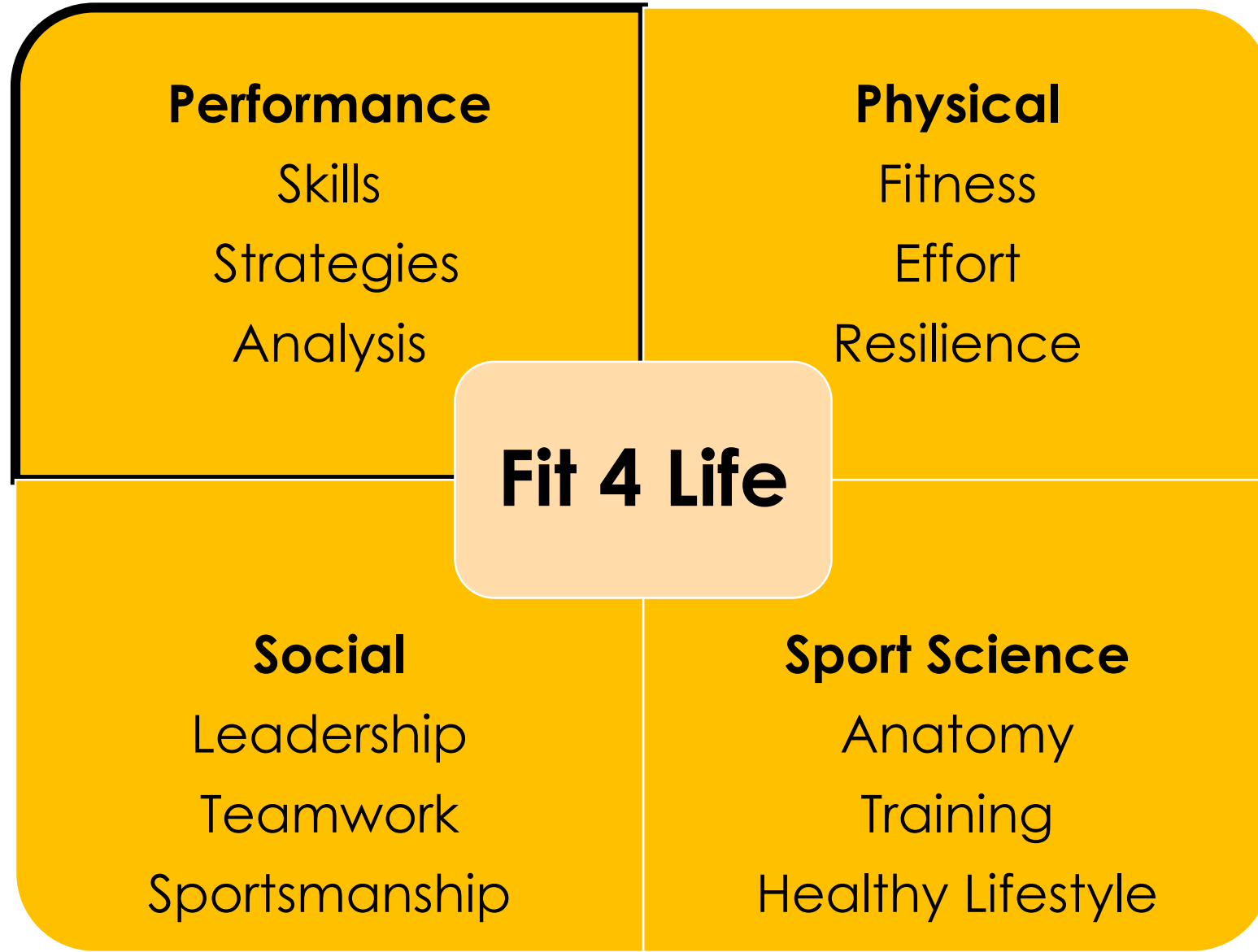


Fit 4 Life

Physical Education at Tomlinscote School



Year 9 Flight Path Criteria

Area of Focus	Yellow	Pink	Blue
Performance AoF 1 and 2	Skills Demonstrates key skills with accuracy in opposed practices/when under pressure	Skills Demonstrates key skills with fluency in competitive situations	Skills Demonstrates advanced skills with creativity in competitive situations
	Strategies Demonstrates key strategies with accuracy in opposed practices/when under pressure	Strategies Demonstrates key strategies with fluency in competitive situations	Strategies Demonstrates advanced strategies with creativity in competitive situations
	Analysis of Performance Explain one strength and one weakness in a performance and suggest one way to improve the performance	Analysis of Performance Explain one strength and one weakness in a performance and explain how to improve the performance	Analysis of Performance Explain two strengths and two weaknesses in a performance and make recommendations on how to improve
Physical AoF 3	Fitness Demonstrates physical effort during a period of exercise by using endurance, coordination, power and agility	Fitness Demonstrates energy and enthusiasm during a period of exercise by using endurance, coordination, power and agility	Fitness Demonstrates intensity during a period of exercise by using endurance, coordination, power and agility
	Endeavour Makes a sustained contribution to a competitive performance	Endeavour Makes a significant contribution to a physical performance	Endeavour Makes a highly effective contribution to a physical performance
	Resilience Demonstrates determination by overcoming a physical challenge	Resilience Demonstrates adaptability by overcoming a physical challenge	Resilience Demonstrates optimism and adaptability by overcoming a physical challenge
Social AoF 4	Leadership Manages a group (4-6 people) by using effective communication skills	Leadership Organises and coaches a group (4-6 people) or can officiate a small sided competition/game.	Leadership Leads effectively when either coaching a small group or officiating a competition/game.
	Teamwork Cooperates with teammates and respects opponents/officials, to help overcome challenge	Teamwork Coordinates effectively with team mates and peers to overcome competitive challenges	Teamwork Makes a positive impact on teammates by being a role model performer for others to aspire to.
	Sportsmanship Demonstrates fair play by abiding by the rules of the sport and showing respect to opponents/officials	Sportsmanship Demonstrates integrity by following the rules, always competing fairly and respectfully.	Sportsmanship Demonstrates complete 'sporting etiquette' in all competitive situations
Sport Science AoF 5	Anatomy Knows at least 3 ways the body responds to exercise	Anatomy Explains how the cardiovascular and muscular systems respond to exercise	Anatomy Compares how different types of exercise effect the muscular and cardiovascular system
	Training Knows at least 2 types of training and 2 principles of training	Training Explains 3 types of training and 3 principles of training	Training Compares the effects of different training types and principles of training
	Health Knows at least 3 common barriers to limiting a healthy lifestyle	Health Explains how to overcome at least 3 common barriers to a healthy lifestyle	Health Compares ways in which to overcome barriers that stop people leading a healthy lifestyle