

# Ursuline Academy Ilford Physical Education (Year 7)

## Invasion Games: Netball, Football, Basketball, Hockey, Ultimate Frisbee, Rugby

<b>Initial-</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Emerging</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Developing</b> – a student who is developing their Y7 PE skills will be able to:	<b>Secure</b> – a student who is secure in the skills in the Y7 PE curriculum will be able to:	<b>Advanced</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Mastered</b> – a student who has mastered the skills in the Y7 PE curriculum will be able to:
<b>Skills</b> – Demonstrate basic skills, such as throwing and catching	<b>Skills</b> – Link basic skills such as throwing and catching and start to generate ideas.	<b>Skills</b> – Join skills such as throwing and catching, along with generated ideas, and implement them without losing control.	<b>Skills</b> – Join some skills and ideas within attacking and defending principles and implement them with some control and accuracy.	<b>Skills</b> – Choose the correct attacking and defending skills based on the sports principles and perform them with consistent control and accuracy.	<b>Skills</b> – Choose the correct attacking and defending skills based on the sports principles and perform them with consistent control and accuracy, demonstrating a high level of competence in various physical activities.
<b>Tactics/compositional ideas</b> – Understand simple attacking and defending tactics / compositional ideas.	<b>Tactics/compositional ideas</b> – Understand simple attacking and defending tactics / compositional ideas and begin to use them in activities.	<b>Tactics/compositional ideas</b> – Understand simple attacking and defending tactics / compositional ideas and implement them in a small-sided activity.	<b>Tactics/compositional ideas</b> – Understand simple attacking and defending tactics / compositional ideas and be aware of them and use them in appropriate activities.	<b>Tactics/compositional ideas</b> – Understand simple attacking and defending tactics / compositional ideas and be aware of them and use them in a variety of activities and situations.	<b>Tactics/compositional ideas</b> – Be able to modify attacking and defending skills based on evaluations, compositional ideas, and techniques, contributing to improved personal performance with a high degree of accuracy and effectiveness in game situations.
<b>Evaluation skills</b> – Watch others and talk about what is good and not.	<b>Evaluation skills</b> – Watch others and talk about what is good and not so good to help them improve.	<b>Evaluation skills</b> – Able to watch others and make judgments on what is good to help them improve.	<b>Evaluation skills</b> – Able to watch others and make judgments on what is good and bad to help them improve.	<b>Evaluation skills</b> – Able to identify strengths and weaknesses of my own performance to help me improve and	<b>Evaluation skills</b> – able to demonstrate a deep understanding of personal strengths and weaknesses in performance, providing

				create appropriate solutions.	critical insights and creating effective solutions for self-improvement and development in physical activities.
<b>Safety in sport</b> – Explain the basic principles of safety in relation to invasion games being completed.	<b>Safety in sport</b> – Explain the basic principles of safety in relation to invasion games being completed and understand the different officials used within a sport.	<b>Safety in sport</b> – Explain and apply basic principles of safety and rules when competing in an invasion game and within a competition. Understand the role an official has within a sport.	<b>Safety in sport</b> – Explain, apply, and use basic principles of safety when preparing for an invasion game and competing in a competitive situation. Describe the role of an official within a sport.	<b>Safety in sport</b> – Able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to the invasion game. Evaluate the effect an official has on sport.	<b>Safety in sport</b> – Explain and demonstrate the four components of a warm-up effectively, adhering to safety procedures that are not only appropriate for invasion games but also for a wide range of physical activities. Additionally, critically evaluate and understand the significant impact officials have on sports and their outcomes.
<b>Effects of exercise on the body</b> – Be able to know the effects on my body from exercise.	<b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body.	<b>Effects of exercise on the body</b> – Describe how exercise affects my body and explain why regular activity is good for me.	<b>Effects of exercise on the body</b> – Explain how exercise affects my body and explain why regular, safe activity is good for me.	<b>Effects of exercise on the body</b> – Be able to evaluate my body's reaction to exercise.	<b>Effects of exercise on the body</b> – Possess the ability to thoroughly evaluate one's body's response to exercise, taking into consideration various factors and variables, and adjusting exercise routines or habits accordingly for optimal personal health and physical well-being.

## Strike & Field Games: Rounders, Soft ball and Cricket

<p><b>Initial</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:</p>	<p><b>Emerging</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:</p>	<p><b>Developing</b> – a student who is developing their Y7 PE skills will be able to:</p>	<p><b>Secure</b> – a student who is secure in the skills in the Y7 PE curriculum will be able to:</p>	<p><b>Advanced</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:</p>	<p><b>Mastered</b> – a student who has mastered the skills in the Y7 PE curriculum will be able to:</p>
<p><b>Skills</b> – Able to demonstrate basic skills such as throwing, catching, and batting the ball.</p>	<p><b>Skills</b> – Link basic skills such as throwing, catching, and batting the ball, and create ideas to make them work accurately.</p>	<p><b>Skills</b> – Join skills such as throwing, catching, and batting a ball with ideas and implement them without losing control.</p>	<p><b>Skills</b> – Join some skills and ideas on fielding or batting and implement them with some control and accuracy.</p>	<p><b>Skills</b> – Choose the correct fielding or batting skills based on the sports principles and perform them with good control and accuracy.</p>	<p><b>Skills</b> – Choose the correct attacking and defending skills based on the sports principles and perform them with consistent control and accuracy, demonstrating a high level of competence in various physical activities, and showcasing excellence in executing these skills.</p>
<p><b>Tactics/compositional ideas</b> – Understand simple batting and fielding tactics / compositional ideas.</p>	<p><b>Tactics/compositional ideas</b> – Understand simple batting and fielding tactics / compositional ideas and begin to use them in activities.</p>	<p><b>Tactics/compositional ideas</b> – Understand simple batting and fielding tactics / compositional ideas and implement them in a small-sided activity.</p>	<p><b>Tactics/compositional ideas</b> – Understand simple batting and fielding tactics / compositional ideas and be aware of them and use them in appropriate activities and situations.</p>	<p><b>Tactics/compositional ideas</b> – Able to modify batting and fielding tactics based on evaluations, compositional ideas, and techniques to improve personal performance.</p>	<p><b>Tactics/compositional ideas</b> – Be able to modify attacking and defending skills based on evaluations, compositional ideas, and techniques, contributing significantly to improved personal performance with a</p>

					high degree of accuracy and effectiveness in game situations, exhibiting exceptional tactical insight.
<b>Evaluation skills –</b> Watch others and talk about what is good and not so good in strike and field games.	<b>Evaluation skills –</b> Watch others and talk about what is good and not so good to help them improve in strike and field games.	<b>Evaluation skills –</b> Be able to watch others and make judgments on what is good to help them improve in strike and field games.	<b>Evaluation skills –</b> Be able to watch others and make judgments on what is good and bad to help them improve and provide some feedback in strike and field games.	<b>Evaluation skills –</b> Able to identify strengths and weaknesses of my own performance to help me improve and provide detailed feedback in strike and field games.	<b>Evaluation skills –</b> Demonstrate a deep understanding of personal strengths and weaknesses in performance, providing critical insights and creating effective solutions for self-improvement and development in physical activities, displaying advanced analytical and self-reflective abilities.
<b>Safety in sport –</b> Explain the basic principles of safety in relation to strike and field games being completed.	<b>Safety in sport –</b> Explain the basic principles of safety in relation to strike and field games, and understand the different officials used in the sport.	<b>Safety in sport –</b> Explain and apply basic principles of safety and rules when competing in strike and field games and within a competition. Understand the role of an official within a sport.	<b>Safety in sport –</b> Explain, apply, and use basic principles of safety when preparing for a strike and field game and competing in a competitive situation. Explain the role of an official within a sport.	<b>Safety in sport –</b> Be able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to strike and field games and describe the effect an official has on sport.	<b>Safety in sport –</b> Explain and demonstrate the four components of a warm-up effectively, adhering to safety procedures that are not only appropriate for invasion games but also for a wide range of physical activities, while critically evaluating and comprehending the profound impact officials have on sports and their outcomes, displaying a high level

					of knowledge and judgment in safety and sports management.
<b>Effects of exercise on the body</b> – Be able to know the effects on my body from exercise.	<b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body in the context of strike and field games.	<b>Effects of exercise on the body</b> – Describe how exercise affects my body and explain why regular, safe activity is good for me in the context of strike and field games.	<b>Effects of exercise on the body</b> – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the context of strike and field games.	<b>Effects of exercise on the body</b> – Be able to evaluate my body's reaction to exercise in the context of strike and field games.	<b>Effects of exercise on the body</b> – Possess the ability to thoroughly evaluate one's body's response to exercise, taking into consideration various factors and variables, and adjusting exercise routines or habits accordingly for optimal personal health and physical well-being, demonstrating exceptional understanding and proactive approach towards personal health and well-being.

## Racket Sports: Tennis, Badminton & Squash

<b>Initial</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Emerging</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Developing</b> – a student who is developing their Y7 PE skills will be able to:	<b>Secure</b> – a student who is secure in the skills in the Y7 PE curriculum will be able to:	<b>Advanced</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Mastered</b> – a student who has mastered the skills in the Y7 PE curriculum will be able to:
<b>Skills</b> – Able to link basic skills such as serving, shots, and preparing the racket in racket sports.	<b>Skills</b> – Link basic skills such as serving, shots, and preparing the racket and create ideas to make them work accurately.	<b>Skills</b> – Join skills such as serving, shots, and preparing the racket and implement them without losing control.	<b>Skills</b> – Join some skills and ideas on offensive or defensive moves and implement them with some control and accuracy.	<b>Skills</b> – Choose the correct offensive or defensive move based on the sports principles and perform them with good control and accuracy.	<b>Skills</b> – Be able to choose the correct offensive or defensive move based on the sports principles and perform them with consistent control and accuracy, showcasing a high level of proficiency in executing these moves in various racket sports.
<b>Tactics/compositional ideas</b> – Understand simple deflection tactics / compositional ideas.	<b>Tactics/compositional ideas</b> – Understand simple deflection tactics / compositional ideas and begin to use them in activities.	<b>Tactics/compositional ideas</b> – Understand simple deflection tactics / compositional ideas and implement them in a small-sided activity.	<b>Tactics/compositional ideas</b> – Understand simple deflection tactics / compositional ideas and be aware of them and use them in appropriate activities and situations.	<b>Tactics/compositional ideas</b> – Able to modify deflection tactics based on evaluations, compositional ideas, and techniques to help improve personal performance with some accuracy.	<b>Tactics/compositional ideas</b> – Able to modify deflection tactics based on evaluations, compositional ideas, and techniques with a high degree of accuracy, significantly contributing to improving personal performance in racket sports.
<b>Evaluation skills</b> – Watch others and talk about what is good and not so good in racket sports.	<b>Evaluation skills</b> – Watch others and talk about what is good and not so good to help them improve in racket sports.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good to help them improve in racket sports.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good and bad to help them improve and provide some feedback in racket sports.	<b>Evaluation skills</b> – Able to identify strengths and weaknesses of my own performance to help me improve and provide some solutions in racket sports.	<b>Evaluation skills</b> – Possess the ability to identify strengths and weaknesses of one's own performance, using this understanding to create appropriate and effective solutions for self-improvement in racket sports.

<p><b>Safety in sport</b> – Be able to explain the basic principles of safety in racket sports being completed.</p>	<p><b>Safety in sport</b> – Explain the basic principles of safety in racket sports being completed and understand the different officials used in the sport.</p>	<p><b>Safety in sport</b> – Explain and apply basic principles of safety and rules when competing in racket sports and within a competition. Understand the role of an official within a sport.</p>	<p><b>Safety in sport</b> – Explain, apply, and use basic principles of safety when preparing for a racket sport and competing in a competitive situation. Explain the role of an official within a sport.</p>	<p><b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to racket sports and describe the effect an official has on the sport.</p>	<p><b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up effectively. Adhere to safety procedures that are appropriate to racket sports and critically evaluate the impact officials have on the sport's outcomes.</p>
<p><b>Effects of exercise on the body</b> – Be able to know the effects on my body from exercise.</p>	<p><b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body in the context of racket sports.</p>	<p><b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me in the context of racket sports.</p>	<p><b>Effects of exercise on the body</b> – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the context of racket sports.</p>	<p><b>Effects of exercise on the body</b> – Be able to evaluate my body's reaction to exercise in the context of racket sports.</p>	<p><b>Effects of exercise on the body</b> – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and making necessary adjustments for optimal personal health and physical well-being.</p>

## Performance Activities: Dance, Trampolining & Gymnastics

<b>Initial-</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Emerging</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Developing</b> – a student who is developing their Y7 PE skills will be able to:	<b>Secure</b> – a student who is secure in the skills in the Y7 PE curriculum will be able to:	<b>Advanced</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Mastered</b> – a student who has mastered the skills in the Y7 PE curriculum will be able to:
<b>Skills</b> – Able to link basic skills such as balances, travels, and shapes.	<b>Skills</b> – Link basic skills such as balances, travels, and shapes and create ideas to make them work accurately.	<b>Skills</b> – Join skills such as balances, travels, and shapes and implement them without losing control.	<b>Skills</b> – Join some locomotion and technical movements and implement them with some control and accuracy.	<b>Skills</b> – Choose the correct movement pattern based on fluency and end goal them with good control and accuracy.	<b>Skills</b> – Be able to choose the correct offensive or defensive move based on the sports principles and perform them with consistent control and accuracy, showcasing a high level of proficiency in executing these moves in various racket sports, and demonstrating expertise in their application.
<b>Tactics/compositional ideas</b> – Understand what makes a routine aesthetically pleasing or the concept of compositional ideas.	<b>Tactics/compositional ideas</b> – Understand what makes a routine aesthetically pleasing or the concept of compositional ideas and begin to use them in activities.	<b>Tactics/compositional ideas</b> – Understand what makes a routine aesthetically pleasing or the concept of compositional ideas and implement them in a motif.	<b>Tactics/compositional ideas</b> – Understand what makes a routine aesthetically pleasing or the concept of compositional ideas and be aware of them and use them in your own routine.	<b>Tactics/compositional ideas</b> – Able to modify based on your understanding of how to make a routine aesthetically pleasing or the concept of compositional ideas and techniques to help improve your own performance with some accuracy.	<b>Tactics/compositional ideas</b> – Able to modify deflection tactics based on evaluations, compositional ideas, and techniques with a high degree of accuracy, significantly contributing to improving personal performance in racket sports, and displaying advanced tactical insight and creativity.
<b>Evaluation skills</b> – Watch others and talk about what is good and not so good in performance activities.	<b>Evaluation skills</b> – Watch others and talk about what is good and not so good to help them improve and understand different scoring systems.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good to help them improve and apply different scoring systems.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good and bad to help them improve and provide some feedback.	<b>Evaluation skills</b> – Able to identify strengths and weaknesses of my own performance to help me improve and create some solutions. Apply different	<b>Evaluation skills</b> – Possess the ability to identify strengths and weaknesses of one's own performance, using this understanding to create appropriate and



			Apply different scoring systems with your feedback.	scoring systems and create solutions on how to improve.	effective solutions for self-improvement in racket sports, and providing comprehensive feedback to oneself and others.
<b>Safety in sport</b> – Be able to explain the basic principles of safety.	<b>Safety in sport</b> – Be able to explain the basic principles of safety in performance activities.	<b>Safety in sport</b> – Be able to explain and apply basic principles of safety and rules when competing in performance activities and within a competition.	<b>Safety in sport</b> – Be able to explain, apply, and use basic principles of safety when preparing for a performance activity and competing in a competitive situation.	<b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up. Adhere to safety procedures appropriate to performance activities and evaluate the effect of these.	<b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up effectively, adhering to safety procedures that are appropriate to racket sports, and critically evaluating the impact officials have on the sport's outcomes with a deep understanding of safety and sports management.
<b>Effects of exercise on the body</b> – Be able to know the effects on my body from exercise.	<b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body in the context of performance activities.	<b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body and explain why regular activity is good for me.	<b>Effects of exercise on the body</b> – Be able to explain how exercise affects my body and why regular, safe activity is good for me, especially in the context of performance activities.	<b>Effects of exercise on the body</b> – Be able to explain how exercise affects my body and why regular, safe activity is good for me. Additionally, possess the ability to evaluate my body's reaction to exercise and make informed adjustments to my exercise routines for optimal personal health and well-being.	<b>Effects of exercise on the body</b> – Possess the ability to thoroughly evaluate one's body's response to exercise in the context of racket sports, taking various factors and variables into account and making necessary adjustments for optimal personal health and physical well-being, and displaying advanced knowledge of personal health and proactive management.

## Athletics Events: Track & Field

<b>Initial</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Emerging</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Developing</b> – a student who is developing their Y7 PE skills will be able to:	<b>Secure</b> – a student who is secure in the skills in the Y7 PE curriculum will be able to:	<b>Advanced</b> – a student whose understanding of the Y7 PE skills is still emerging will be able to:	<b>Mastered</b> – a student who has mastered the skills in the Y7 PE curriculum will be able to:
<b>Skills</b> – Able to link basic skills such as running, throwing, and jumping.	<b>Skills</b> – Link basic skills such as running, throwing, and jumping and create ideas to make them work accurately.	<b>Skills</b> – Join skills such as running, throwing, and jumping and implement them without losing control.	<b>Skills</b> – Join some skills and ideas within specific events and implement them with some control and accuracy.	<b>Skills</b> – Choose the correct athletic skills based on the event and perform them with good control and accuracy.	<b>Skills</b> – Choose the correct athletic skills based on the event and perform them with consistent control and accuracy, demonstrating a high level of proficiency and excellence in executing these skills across various athletic events.
<b>Modifications/transitions ideas</b> – Understand simple modifications and transitions ideas.	<b>Modifications/transitions ideas</b> – Understand simple modifications and transitions ideas and begin to use them in activities.	<b>Modifications/transitions ideas</b> – Understand simple modifications and transitions ideas and implement them in a competitive situation.	<b>Modifications/transitions ideas</b> – Understand simple modifications and transitions ideas and be aware of them and use them in appropriate ones based on the chosen event/situation.	<b>Modifications/transitions ideas</b> – Able to modify and transition effectively based on evaluations/implement ideas and techniques to improve my own performance, with some accuracy in the chosen event.	<b>Modifications/transitions ideas</b> – Able to modify and transition effectively based on evaluations, implement ideas, and techniques to significantly improve personal performance, showcasing a high degree of accuracy and effectiveness in the chosen event.
<b>Evaluation skills</b> – Watch others and talk about what is good and not so good.	<b>Evaluation skills</b> – Watch others and talk about what is good and not so good to help them improve.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good to help them improve and provide some feedback.	<b>Evaluation skills</b> – Be able to watch others and make judgments on what is good and bad in order to help them improve and provide some feedback. To apply different scoring systems with your feedback.	<b>Evaluation skills</b> – Be able to identify strengths and weaknesses of my own performance to help me improve and create some appropriate solutions. To apply different scoring systems and create solutions on how to improve.	<b>Evaluation skills</b> – Possess the ability to identify strengths and weaknesses of one's own performance, using this understanding to create appropriate and effective solutions for self-improvement, and providing comprehensive feedback with a high level of detail and expertise.

<p><b>Safety in sport</b> – Be able to explain the basic principles of safety in Athletics.</p>	<p><b>Safety in sport</b> – Be able to explain the basic principles of safety in Athletics and understand the different officials used within an event.</p>	<p><b>Safety in sport</b> – Be able to explain and apply basic principles of safety and rules when competing in Athletics and within a competition. Understand the role an official has in some events.</p>	<p><b>Safety in sport</b> – Be able to explain, apply, and use basic principles of safety when preparing for Athletics and competing in a competitive situation. To explain the role of an official within each event.</p>	<p><b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up. To adhere to safety procedures appropriate to Athletics. Describe the effect an official has on each event.</p>	<p><b>Safety in sport</b> – Be able to explain or demonstrate the four components of a warm-up effectively, adhere to safety procedures that are appropriate to Athletics, and critically evaluate the impact officials have on each event with a deep understanding of safety and sports management.</p>
<p><b>Effects of exercise on the body</b> – Be able to know the effects on my body from exercise.</p>	<p><b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body.</p>	<p><b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body and explain why regular activity is good for me.</p>	<p><b>Effects of exercise on the body</b> – Be able to describe how exercise affects my body and explain why regular, safe activity is good for me.</p>	<p><b>Effects of exercise on the body</b> – Be able to evaluate my body's reaction to exercise.</p>	<p><b>Effects of exercise on the body</b> – Possess the ability to thoroughly evaluate one's body's reaction to exercise within the context of athletic events, taking various factors and variables into account and making necessary adjustments for optimal personal health and physical well-being, demonstrating advanced knowledge and insight into personal health and proactive management.</p>