

KS3 ASSESSED CURRICULUM RELATED EXPECTATIONS: **PE**

	KNOWING WHAT "HEAD" (information, facts & content)	KNOWING HOW "HANDS" (methods and processes)
YEAR 7	<ol style="list-style-type: none"> 1. Understand the basic rules 2. Understand the basic regulations 3. Know the main positions within game situations 4. Know how to outwit opponents 5. Know why and how to perform an effective warm up and cool down 6. Know how-to perform key techniques in core skills 7. Analyse own performance 8. Analyse the performance of others 9. Know how to lead a healthy, active lifestyle 	<ol style="list-style-type: none"> 1. Demonstrate effective problem solving skills 2. Demonstrate effective team building skills 3. Demonstrate basic communication skills 4. Execute core skills in a variety of sports 5. Improve fitness levels 6. Demonstrate tactics within a competitive situation
YEAR 8	<ol style="list-style-type: none"> 1. Understand the main rules 2. Understand the main regulations 3. Know the majority of positions within game situations 4. Know how to outwit opponents using a range of tactics 5. Know the importance of warming up and cooling down 6. Know the short term effects of exercise on the body 7. Know how-to perform key techniques in all core and some advanced skills 8. Analyse own performance and suggest areas of improvement 9. Analyse the performance of others and suggest areas of improvement 10. Identify personal bests 11. Know the importance healthy lifestyle choices and the effects they have on our body 	<ol style="list-style-type: none"> 1. Demonstrate effective problem-solving skills through completing intellectual challenges 2. Demonstrate effective team building skills through completing physical challenges 3. Demonstrate a variety of communication skills 4. Demonstrate leadership skills 5. Execute and perform all core skills and some advanced skills in a variety of sports 6. Improve fitness levels 7. Set short term goals 8. Demonstrate tactics within a competitive situation in order to outwit opponents
YEAR 9	<ol style="list-style-type: none"> 1. Understand all rules 2. Understand all regulations 3. Know all positions within game situations 4. Know how to outwit opponents using a range of advanced tactics 5. Know the short term and long term effects of exercise on the body 6. Know how-to perform key techniques in all core and most advanced skills 7. Analyse own performance and suggest areas of improvement 8. Analyse the performance of others and suggest areas of improvement 9. Suggest ways to achieve personal bests 10. Have confidence to make healthy lifestyle choices and try new activities 	<ol style="list-style-type: none"> 1. Demonstrate effective problem solving skills through completing intellectual challenges 2. Demonstrate effective team building skills through completing physical challenges 3. Demonstrate a variety of communication skills 4. Demonstrate leadership skills by delivering an activity to others 5. Execute and perform all core skills and most advanced skills in a variety of sports 6. Improve fitness levels 7. Set long term goals 8. Demonstrate advanced tactics within a competitive situation in order to outwit opponents

