

Year 9 THRESHOLD CRITERIA

PHYSICAL EDUCATION

	AO1 – Performance in PE	AO2 – Fitness in PE	AO3 – Mind set in PE
EXCELLENT	<p>Pupils can link chose and link advanced skills, techniques and tactics and show consistency in performance. They have an influence and impact on the performance outcome and can perform over a range of activities with flair and ease.</p>	<p>Pupils know and can explain the principles of training and understand why they are important in sport. The can plan and execute their own training programme and know apply FITT principles to their plan. Pupils participate in PE/sport/ Recreational/leisure activities both inside and outside of school. Pupils demonstrate sustained and excellent levels of fitness in most activities.</p>	<p>Pupils can lead large groups in warm ups, cool downs and drills in a wide range of activity areas. Pupils can discuss why it is essential to prepare before participation. Pupils are able to lead their peers and offer feedback and advice on how to improve performance. Pupils can discuss at length the technical/skills aspects in a wide range of activities. Pupils are involved and engaged in all PE activity and maintain a positive attitude and approach in all aspects of their performance. Pupils can discuss the need and importance of leading a healthy and active lifestyle and the impact both positively and negatively on health. Pupils display a strong character and confidence in their role as a coach, official and performer. Pupils display resilience and persistence in their work and performances. Pupils display excellent sporting values and ethos in their work and performances.</p>
PROFICIENT	<p>Pupils can select and combine advanced skills techniques tactics and compositional ideas with accuracy and confidence. They can also identify how and when to use these aspects in their performance across a range of activity areas.</p>	<p>Pupils know, understand and can apply the principles of training. They can plan their own training programme. Pupils participate in PE/Sport/Recreational/Leisure activities both inside and outside of school. Pupils demonstrate sustained and good levels of fitness in most activities.</p>	<p>Pupils can lead a warm up and cool downs in a wide range of activity areas. Pupils can discuss why it is essential to prepare before participation. Pupils can discuss how and what muscles groups are used in a wide range of activities. Pupils can discuss at length the technical/skills aspects in a wide range of activities. Pupils are involved and engaged in all PE activity. They maintain a positive attitude and approach in all aspects of their performance. Pupils can discuss the need and importance of leading a healthy and active lifestyle. Pupils display a strong character and confidence in their role as a coach official and performer. Pupils display resilience and</p>

			<p>persistence in their work and performances. Pupils display excellent sporting values and ethos in their work and performances.</p> <hr/>
DEVELOPING	<p>Pupils can select and apply skills techniques and tactics with greater consistency</p> <p>Select and apply tactics/ strategies and ideas about composition across a range of activity areas</p>	<p>Pupils have a sound understanding of how physical activity and exercise can have a positive impact on their health performance and wellbeing.</p> <p>They can name most muscle groups and their knowledge of fitness components and the principles of training is developing.</p> <p>Pupils participate in one school sports/clubs.</p> <p>Pupils demonstrate a need to improve their level of fitness.</p>	<p>Pupils display a sound understanding for the need warm up and cool down. Pupils can name most muscles groups used in some activities and stretches that can be used. Pupils identify and discuss information about technical/skills aspects of most activities.</p> <p>Pupils are engaged in all PE activity areas and they display a positive attitude and approach. Pupils show a sound understanding for the need for lead a healthy and active lifestyle. Pupils continue to develop character and confidence in their role as a coach official and performer.</p> <p>Pupils signs of resilience and persistence in their work and performances. Pupils display good sporting values and ethos in their work and performances.</p>
ENQUIRING	<p>Pupils can select and use basic skills within competitive practices and small side games across an increasing number of activity areas.</p>	<p>Pupils recognise the need for an active and healthy lifestyle.</p> <p>Pupils can safely use fitness equipment or exercise effectively with some support.</p> <p>Pupils can warm up effectively and independently. They can name the major muscles with guidance and support.</p> <p>Pupils are aware of the need to improve their level of fitness.</p> <p>Pupils know where they can go to participate in participate in school / community sports/clubs.</p>	<p>Pupils have a basic understanding for the need warm up and cool down. Pupils can name main muscles groups. Pupils can give basic information about skills aspects some activities. Pupils are generally engaged in all PE activity showing a positive attitude and approach. Pupils show a basic understanding for the need for lead a healthy and active lifestyle.</p> <p>Pupils are starting to display character and improving confidence in their role as a performer. Pupils are starting to display some signs of resilience in their work and performances.</p> <p>Pupils are staring to display some sporting values but may need support and reinforcement at times.</p>

