

Year 7 THRESHOLD CRITERIA

PHYSICAL EDUCATION

	AO1- Performance in PE	AO2- Fitness in PE	AO 3- Knowledge and Mind Set in PE
	The Acquisition of skills The Accurate replication of skills and movement	The demonstration of sustained exercise and performance	Display safe and effective exercise. Displays a positive attitude to participate. Displays and applies knowledge and understanding of rules tactics and composition
EXCELLENT	Pupils can Select and apply skills techniques and tactics with greater consistency. Select and apply tactics/ strategies and ideas about composition across a range of activity areas.	Pupils have a basic understanding of how physical activity and exercise can have a positive impact on their health performance and wellbeing. Pupils participate in one or more school sports/clubs. Pupils demonstrate a determination to improve their level of fitness.	Pupils display a sound understanding for the need warm up and cool down and can be relied upon to perform this independently. Pupils can name muscles groups used in some activities and when stretching pupils can identify and discuss information about technical/skills aspects of most activities. Pupils are engaged in all PE activity areas and they display a positive attitude and approach to learning. Pupils show a sound understanding to a healthy/active lifestyle. Pupils continue to develop character and confidence in their role as a coach official and performer. Pupils show signs of resilience and persistence in their work and performances. Pupils display good sporting values and ethos in their work and performances.
PROFICIENT	Pupils can select and use basic skills and tactics within competitive practices and small side games across an increasing number of activity areas.	Pupils recognise the need for an active and healthy lifestyle. Pupils can safely use fitness equipment or exercise effectively with some support. Pupils can warm up effectively and independently. Pupils are aware of the need to improve their level of fitness and are making small steps to improve. Pupils know where they can go to participate in participate in school / community sports/clubs.	Pupils have an understanding for the need to warm up and cool down. Pupils can name main muscles groups. Pupils can give basic information about skills/aspects in some activities. Pupils are generally engaged in all PE activity showing a positive attitude and approach. Pupils show a basic understanding for the need to lead a healthy/active lifestyle. Pupils are starting to develop character and confidence as a performer. Pupils are starting to display some signs of resilience in their work, display some sporting values but may need support and reinforcement at times.
DEVELOPING	Pupils are starting to replicate simple skills within competitive practices and small side games	Pupils can exercise safely and use the fitness equipment. Pupils know how to warm up and can do this in a small group.	Pupils have a basic understanding for the need to warm up and cool down. Pupils can name major muscles when questioned. Pupils can give basic information about skills in a few activities.

	across a number of activity areas	<p>They can name some 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 school / community sports/clubs.</p>	<p>Pupils are generally engaged in their work and performances.</p> <p>Pupils show a basic understanding for the need to lead a healthy/active lifestyle. Pupils are starting to develop some confidence in their work, display growing signs of resilience when supported by their teacher. Pupils display some sporting values but may need teacher support at times.</p>
ACQUIRING	Pupils are starting to replicate simple skills within practice situations in some activity areas	<p>Pupils have a basic understanding of how physical activity and exercise can have a positive impact on their health performance and wellbeing.</p> <p>Pupils participate in one school sports/clubs.</p> <p>Pupils demonstrate a need to improve their level of fitness when given feedback and after fitness tests.</p>	<p>Pupils warm up and cool down prior to taking part in activity as a group. Pupils can name a few muscles when questioned.</p> <p>Pupils are generally engaged in their work and performances.</p> <p>Pupils are starting to acquire confidence in their work and display some signs of resilience when supported by their teacher. Pupils display a few sporting values but may need teacher support at times.</p>