

Year 8 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 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.	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.	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 persistence in their work and performances. Pupils display excellent sporting values and ethos in their work and performances.
PROFICIENT	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 sound understanding of how physical activity and exercise can have a positive impact on their health performance and wellbeing. They can name most muscle groups and their knowledge of fitness components and the principles of training is developing. Pupils participate in one school sports/clubs. Pupils demonstrate a need to improve their level of fitness.	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. 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. Pupils signs of resilience and persistence in their work and performances. Pupils display good sporting values and ethos in their work and performances.

<p>DEVELOPING</p>	<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. Pupils can safely use fitness equipment or exercise effectively with some support. Pupils can warm up effectively and independently. They can name the major muscles with guidance and support. Pupils are aware of the need to improve their level of fitness. 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. 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. Pupils are staring to display some sporting values but may need support and reinforcement at times.</p>
<p>ACQUIRING</p>	<p>Pupils are starting replicate simple skills within competitive practices and small side games across a number of activity areas</p>	<p>Pupils can exercise safely and use the fitness equipment. Pupils know how to warm up and can do this in a small group. They can name some muscles with guidance and support. Pupils are aware of the need to improve their level of fitness. Pupils know where they can go to participate in participate in school / community sports/clubs.</p>	<p>Pupils have a simple understanding for the need to warm up and cool down. Pupils can name some muscles. Pupils can give simple information about skills in a few activities. Pupils are generally engaged in their work and performances. Pupils show a simple understanding for the need for lead a healthy and active lifestyle. Pupils are starting to display an improving confidence in their work and performance. Pupils display some signs of resilience when supported by their teacher. Pupils display some sporting values but may need teacher support at times.</p>