

Year 7 PE Progress Ladder

Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
7.1 7.2 7.3 Developing	I can copy and perform basic skills in drills. I can link skills, techniques and ideas. I have control and basic coordination.	I can link learned skills and actions in ways that suit the activities.	I can compare and comment on skills, techniques and ideas used in my own and others' work. I can use this understanding to improve my performance.	I can talk about how to exercise safely and how my body feels during an activity. I can describe why regular, safe activity is good for my health and wellbeing



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7.4 7.5 7.6 Secure	I can select and combine skills, techniques and ideas fluently. I apply them accurately and appropriately in different physical activities showing consistency precision, and control.	I can alternate between skills, actions and ideas and link in ways that suit the activities. I understand different tactics, strategies and compositional ideas.	I can analyse and comment on how my work is similar to and different from others' work and use this understanding to improve my own performance. I can plan, organise and lead practices and activities safely, helping others' to improve their performance.	I can give reasons why warming up before an activity is important. I can explain how my body reacts during different types of exercise, and why physical activity is an essential component of a healthy lifestyle.



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7.7 7.8 (Mastering)	I can select and combine skills, techniques and ideas and use them in a widening range of physical activities and contexts, performing with consistent precision, control and fluency.	I can use imaginative ways to solve problems, overcome challenges and entertain audiences. I can draw on what I know about strategy, tactics and composition in response to changing circumstances, and what I know my own and others' strengths and weaknesses	I can analyse and comment on how skills, techniques and ideas have been used in my own and others' work. I can suggest improvements in performance and within compositional work. When leading practices and activities, I can apply basic rules,	I can explain and apply basic safety principles in preparing for exercise. I can describe what effects exercise has on the body and how it is valuable to fitness and health. I understand how the different components of fitness affect performance and can explain how

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			conventions and/or compositional ideas consistently.	different types of exercise contribute to their fitness and health. I can describe why involvement in regular, safe physical activity is of benefit for health and wellbeing.
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Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
7.9 (Mastering)	I can select and combine advanced skills, techniques and ideas. I can adapt these skills based on the situation I find myself in. When performing, I show consistency, control, fluency and originality.	I use my knowledge of advanced tactics, strategies and compositional ideas when performing and modify them in response to changing circumstances and other performers. In lessons, I undertake different roles, applying different skills such as organisation and communication. As well as, applying rules and codes of conduct of different activities.	I can analyse and comment on my own and others' work. I understand how skills, tactics, composition and fitness relate to the quality of the performance. I can plan ways to improve my own and others' performance and act on these decisions in order to bring about improvements.	I can explain the benefits of regular, safe and planned physical activity on physical, mental and social wellbeing. I can carry out my own warm up and cool down related to the activity and role I am involved in.