

Lower School Report 1 | Year 7 Autumn Term | PE

Attainment Descriptors

Developing	Improving	Meeting	Exceeding
Students rarely demonstrate that they have met any of the criteria.	Students occasionally demonstrate that they meet some of the criteria for the term.	Students demonstrate that they regularly meet most of the criteria below.	Students almost always demonstrate that they meet all criteria. Often, they will take advantage of opportunities to broaden their understanding of the subject.

Activity	Learning Criteria	Resources to support your child at home
Athletics	<p>Core Skills Students can perform the following skills with some accuracy and effective performance: <u>Track (100m, 200m, 300m, 800m, 1500m),</u></p> <ul style="list-style-type: none"> - Starting, finishing, posture, leg action, arm action, head carriage <p><u>Jumps (high, long, triple)</u></p> <ul style="list-style-type: none"> - Approach, take-off, flight, landing <p><u>Throws (shot, discus, javelin)</u></p> <ul style="list-style-type: none"> - Stance, grip, throwing action, release <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of the rules and regulations of the event - Students are able to provide feedback on a peer’s strengths and areas to improve with some success 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School competitions if selected</p> <p>Encourage your child to attend an athletics club outside of School</p>
Badminton	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Serving (short and long) - Forehand Clear shots (under arm and overhead) - Forehand Drop shots (under arm and overhead) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students can select an appropriate shot to move their opponent some of the time - Students have some awareness of the rules and regulations (e.g. scoring and serving) and are able to officiate a match with some success 	<p>Hire a court at a local sports centre to play badminton with your child or for your child to play with a friend</p> <p>Encourage your child to attend a badminton club outside of School</p>
Basketball	<p>Core skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Passing (chest, bounce and overhead) - Shooting (set shot, jump shot, dominant hand lay-up) - Dribbling using dominant hand <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of when and where to run/pass/shoot/dribble 	<p>Encourage your child to attend the extra-curricular lunch time clubs/after school clubs and School fixtures if selected</p> <p>Encourage your child to attend a basketball club outside of School</p>

	<ul style="list-style-type: none"> - Students have some awareness of attacking and defensive positioning on the court and are able to organise their team into positions with some success - Students have a basic understanding of the rules and regulations 	
<p style="text-align: center;">Cricket</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Batting (e.g. drives) - Bowling (line, flight and length for one style of bowling – fast, medium or spin) - Fielding (stopping the ball, catching, pick up and throw) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students can effectively make some good decisions when fielding and batting - Students can sometimes use good positioning when fielding and are able to organise their team into fielding positions with some success 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a cricket club outside of School</p>
<p style="text-align: center;">Cross Country</p>	<p>Core Skills Students can perform the following skills with some accuracy and effective performance:</p> <ul style="list-style-type: none"> - Starting, finishing, posture, leg action, arm action, head carriage - Hill running (ascending and descending) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students show some awareness of pacing throughout the race - Students show some awareness of when to kick to the finish line 	<p>Encourage your child to run in their free time to increase their fitness</p> <p>Encourage your child to attend cross country competitions if selected</p> <p>Encourage your child to attend a cross country club outside of School</p>
<p style="text-align: center;">Football</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Ball control using both feet - Passing with dominant foot (short and long both lofted and along the ground) - Shooting with dominant foot (short and long range) - Dribbling with close control using both feet - Goalkeeper (handling, catching, parrying, punching, shot stopping from different heights and ranges) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of when and where to pass/shoot/dribble - Students have some awareness of attacking and defensive positioning on the pitch and are able to organise their team into formations with some success 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a football club outside of School</p>
<p style="text-align: center;">Dance</p>	<p>Core Skills Students can perform the following skills with some control:</p> <ul style="list-style-type: none"> - Posture/placement, alignment, tension - Aesthetics of movement – body tension/extension, coordination of body parts - Acceleration/deceleration of movements - Body shape <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students can choreograph a creative and fluent routine using some of the available space and some different levels - Students are able to provide feedback on a peer’s strengths and areas to improve with some success 	<p>Encourage your child to attend a dance club outside of School</p>

<p>Gymnastics</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Rolls (forward and backward) - Balances using different parts of the body - Cartwheels - Jumps/leaps <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students are able to choreograph a routine with some creativity, fluency and transitions making some use of the space available - Students are able to provide feedback on a peer’s strengths and areas to improve with some success 	<p>Encourage your child to attend a gymnastics club outside of School</p>
<p>Netball</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Passing over short distances (chest, overhead, bounce and shoulder) - Footwork (stopping, landing and pivoting) - Ball handling (catching whilst stationary) - Shooting (GA and GS only) - Rebounds (GA, GS, GD, GK only) - Dodging (sprint, feint, change of direction) - Marking (the player, the ball, the space) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of when, where and how to pass/shoot/dodge/mark - Students have some awareness of attacking and defensive positioning on court and are able to organise their team into positions with some success - Students have a basic understanding of the rules and regulations 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a netball club outside of School</p>
<p>Rounders</p>	<p>Core Skills Students can perform the following skills with some accuracy and effective performance:</p> <ul style="list-style-type: none"> - Bowling using rhythmic stepping action (quick, spin and donkey drop deliveries) - Batting (hitting towards various areas) - Fielding (stopping the ball, catching, pick up and throw, fielding on a base) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of the rules and regulations of the event - Students can effectively make some good decisions when fielding and batting - Students can sometimes use good positioning when fielding and are able to organise their team into fielding positions with some success 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a rounders club outside of School</p>
<p>Rugby</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Passing (off both hands in either direction) - Receiving the ball (stationary and on the move) - Beating opponents (sidestep, change of speed, change of direction) - Tackling (from the front and the side) - Rucking (going to ground, support roles, clearing out) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of when and where to run/pass 	<p>Encourage your child to attend the extra-curricular lunch time clubs and School fixtures if selected</p> <p>Encourage your child to attend a rugby club outside of School</p>

	<ul style="list-style-type: none"> - Students have some awareness of their role in the team’s attacking and defensive alignment and are able to organise their team into positions with some success - Students have some understanding of the rules and regulations 	
<p>Table tennis</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Serving - Backhand and forehand offensive strokes using backspin and topspin (e.g. hit, flick, smash) - Backhand and forehand defensive strokes using backspin and topspin (e.g. push, slice, chop) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students have some awareness of rules and regulations (e.g. scoring and serving) and are able to officiate a match with some success - Students can sometimes select an appropriate shot to use during a match 	<p>Encourage your child to use the table tennis tables outside the P.E department at break time and lunch time</p> <p>Hire a table at a local sports centre to play table tennis with your child or for your child to play with a friend</p> <p>Encourage your child to attend a table tennis club outside of School</p>
<p>Trampolining</p>	<p>Core Skills Students can perform the following skills with some accuracy:</p> <ul style="list-style-type: none"> - Shapes (tuck, pike, straddle) - Twists (half, full) - Seat drop - Combined skills (swivel hips) <p>Tactical Awareness</p> <ul style="list-style-type: none"> - Students are able to perform a routine with some fluency maintaining some height, whilst showing some control (staying in the centre of the trampoline) - Students are able to provide feedback on a peer’s strengths and areas to improve with some success 	<p>Encourage your child to attend a trampolining club outside of School</p>