



I can use complex skills to solve problems
I can create complex routines for expressive activities
I can perform to a consistently strong level when performing maximally.

Develop competence to excel in a broad range of physical activities

Year 9

Netball Football Trampoline Handball Rugby Gymnastics Fitness Table Tennis Dodgeball Dance Basketball Rounders Cricket Athletics

I can combine complex skills
I can explain key technique points for most skills
I can perform a number of complex skills in isolation
I can influence play in both defence & attack



I can assess my own & others performance giving feedback
I can lead various groups with strong leadership qualities

Lead healthy, active lives

Develop a Range of Tactics/Strategies

Participate in Competitive Sports/Activities Outside School

Netball Football Trampoline Rugby OAA/Orienteering Gymnastics Fitness Table Tennis Dodgeball Dance Badminton Rounders Cricket Athletics



Engage in competitive sports and activities

Are physically active for sustained periods of time

Perform Dances



I can replicate complex skills
I can describe key technique points for most skills
I can perform a number of basic skills in competition
I can assist in defensive & attacking tactics

Develop a Range of Tactics/Strategies

Year 8

I can assess my own & others performance I can lead set groups across activities demonstrating key leadership skills

I can combine skills to solve problems
I can combine basic moves for expressive activities
I can perform to a very good level when performing maximally

Participate in OAA

Participate in Competitive Sports/Activities Outside School

Analyse Performances



KS3 Core Pathway

Engage in competitive sports and activities

Are physically active for sustained periods of time

Develop a Range of Tactics/Strategies

I can replicate basic skills
I can state key technique points for most skills
I can perform a number of basic skills in isolation
I can be part of simple tactics

I can assess my own performance
I can lead small groups with simple activities

Year 7

Netball Football Trampoline Rugby Kin-Ball Gymnastics Fitness Dodgeball Dance Basketball Rounders Cricket Athletics

Perform Dances

I can use basic skills to solve simple problems
I can create basic routines for expressive activities
I can perform to a good level when performing maximally.

Develop Techniques & Improve Performance

