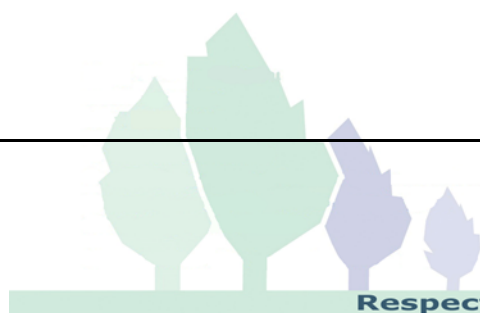


Regents Park Community College – Year 7 PE Progress Pathway Descriptors

Low Attaining Year 7 student	Middle Attaining Year 7 student	High Attaining Year 7 student
<p>I can apply skills in isolated drills and beginning to apply in game situations with limited success.</p> <p>I can describe most of the main teaching points for the skills needed to perform in different sports and activities.</p> <p>I can identify things I do well.</p>	<p>I can apply skills in competitive situations with success.</p> <p>I can describe all components that make up each skill.</p> <p>I can understand and demonstrate the importance of soft skills in achieving personal best (e.g. team work, communication etc.)</p> <p>I can describe strengths and areas for development in my performance.</p> <p>I can lead a planned section of a session given by the teacher with another student.</p> <p>I can perform an effective warm up and describe benefits of a healthy lifestyle on well-being.</p>	<p>I can apply skills and tactics in competitive situations with success.</p> <p>I can explain the teaching points for the skills needed.</p> <p>I can understand and demonstrate the importance of soft skills in achieving personal best (e.g. team work, communication etc.)</p> <p>I can explain the strengths and areas for development in my performance.</p> <p>I can lead a planned section of a session given by the teacher.</p> <p>I am aware of the importance of physical activity and can explain the short-term effects of exercise on the body.</p>



Regents Park Community College – Year 8 PE Progress Pathway Descriptors

Low Attaining Year 8 student	Middle Attaining Year 8 student	High Attaining Year 8 student
<p>I can apply skills in conditioned and competitive situations with some success</p> <p>I can describe all components that make up each skill.</p> <p>I can describe strengths and areas for development in my performance.</p> <p>I can lead a planned section of a session given by the teacher with another student.</p> <p>I can be aware of the importance of physical activity and can explain the short-term effects of exercise on the body.</p> <p>I can understand and demonstrate the importance of soft skills in achieving personal best (e.g. team work, communication etc.)</p>	<p>I can apply skills and tactics in competitive situations with success.</p> <p>I can explain the teaching points for the skills needed and give examples of why they are important to succeed.</p> <p>I can explain strengths and areas for development in my performance, and suggest ways to improve.</p> <p>I can lead a planned section of a session given by the teacher.</p> <p>I can identify and explain the short and long term effects of exercise on the body and sustain physical activity for a moderate period of time</p> <p>I can explain and demonstrate the importance of soft skills in achieving personal best (e.g. team work, resilience etc.)</p>	<p>I can successfully apply skills and tactics in competitive situations with consistency.</p> <p>I can analyse my own and others performance, and justify practices to improve.</p> <p>I can independently plan and lead a section of a sports session (for example, warm up, drill, conditioned game or cool down)</p> <p>I can understand how to improve different components of fitness and how they will benefit performance in a variety of sports / activities.</p> <p>I can justify and demonstrate the importance of soft skills in achieving personal best (e.g. team work, resilience, confidence, organisation etc.)</p>