



Participation What does this mean?

Independence

Ready to learn

Organisation

Leadership

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11-13

Organisation:
Being ready
to learn.

Organisation:
responsibility
for
equipment in
addition to
yourself.

Organisation:
setting up
equipment
and
organising
teams.

Knowledge of
the roles and
responsibilities
of different
sports.

Fully
independent
in a variety of
activities.

Fundamental
movement
skills.

Build on
fundamental
movement
skills.

Taking
opportunities
to officiate.

Understanding
different
competition
formats.

Understanding
how to access
activities once
leaving ICC.

Leading your
own warm
up.

Leading small
groups.

Leading the
whole class.

Accessing a
variety of
different
activities.

Officiating at
county/region
al fixtures
tournaments.

Extra-curricular
involvement.

Additional
extra-curricular
involvement.

Leading in an
extra- curricular
setting.

Organising and
officiating in an
extra-curricular
setting.

Volunteering
to run
extra-curricular
clubs.



Health What does this mean?

Wellbeing

Health and Fitness

Knowledge and
application

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11-13

Experience Health Fitness and Wellbeing (HFW) in every lesson.

Understand the components of fitness.

Know the methods of training and the components of fitness associated.

Understand your own body and your personal fitness requirements.

Understanding the importance of physical and mental wellbeing for life.

Know the importance of warming up and cooling down.

Know which sports require which component of fitness.

Design a training programme using a method of training.

The ability to design your own training programme.

Knowledge of the wider opportunities once leaving College.

Know the immediate effects of exercise on the body.

Be able to carry out the fitness tests for each component.

Experience a variety of HFW activities.

Know the benefits of sport on mental wellbeing.

Be a role model who can influence others to take part in exercise.



Whole School		PE	
Effort	Conduct	Participation	Health
1	1	1	1
Exemplary, above and beyond		I did all you asked of me and more	
2	2	2	2
You are working as expected		I did what you asked of me	
3	3	3	3
You require improvements at times		There was more that I could have done	
4	4	4	4
Below College expectations		I did not do what should have been done	

