



Physical Development

Successful – Confident – Responsible

Physical Competence	Applying: Rules, Strategies and Tactics	Health Fitness and wellbeing (HFW)
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<p>F1: Development of fundamental skills</p>	<p>D1: Develop more challenging skills</p>	<p>S1: Learn more challenging skills in new activities</p>	<p>M1: Apply a complex range of skills transfer these to new activities and challenging environments</p>	<p>M1: Apply a complex range of skills transfer these to new activities and challenging environments</p>
<p>F2: Application of skills to specific activity</p>	<p>D2: Apply basic skills confidently in different activities</p>	<p>S2: Apply the skills effectively in challenging environments</p>	<p>M2: Have a tactical awareness for success in competition</p>	<p>M4: Design and set up activities and drills. Fully independent in a variety of activities</p>
<p>F3: Complete and lead your own warm up using RAMP.</p>	<p>D3: Demonstrate the components of fitness in all activities</p>	<p>S3: Work at or near maximum for sustained periods of time</p>	<p>M3: Understand your own body and your personal fitness requirements</p>	<p>M5: Demonstrate commitment to maintaining a healthy active lifestyle</p>



Personal Development

Successful – Confident – Responsible

Knowledge and Understanding	Evaluating and improving performance	Leadership
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<p>F1: Know the benefits of PE on your health and wellbeing, for life long learning</p>	<p>D1: Understand the impact of PE on your health and wellbeing, for life long learning</p>	<p>S1: Know how to lead a balanced lifestyle to maintain health and wellbeing</p>	<p>M1: Maintain health and wellbeing and manage stress during examination periods</p>	<p>M1: Maintain health and wellbeing and manage stress during examination periods</p>
<p>F2: Know the immediate effects of exercise.</p>	<p>D2: Identify the components of fitness</p>	<p>S2: Apply the components of fitness to different activities and the fitness tests associated.</p>	<p>M2: Design a HFW programme, considering methods of training and principles of training</p>	<p>M4: Design and carry out a specific training programme for your development</p>
<p>F3: Be able to evaluate your own performance</p>	<p>D3: Identify ways to improve your performance. Lead small groups</p>	<p>S3: Identify ways to improve others' performance. Lead whole class activities</p>	<p>M3: Take opportunities to lead and officiate</p>	<p>M5: Coach others both technically and tactically</p>



Successful

Confident

Responsible

PE

Physical
Development

Personal
Development

1

1

Exemplary, above and beyond
(all criteria and those from the year above)

2

2

You are working as expected
(all of the criteria is being met)

3

3

You require improvements at times
(two of the criteria met)

4

4

Below College expectations
(one of the criteria met or working at the Year Group below)