

	AUT1						Warm Up
Physical, Health and Wellbeing							To be able to follow instructions from a teacher
B							To know that a warm up is done to get our bodies ready for PE
S							
G							
	AUT2						
Object Control	Moving with objects	Holding objects with equipment	Sending	Receiving	Games		
B	I can hold small objects whilst i move around with control	I am able to hold small objects in a cone standing still	to be able to roll a ball in the direction of a target	to be able to stop large objects from slowly going past me.	To be able to play basic games involving small objects		
S	I can hold small objects whilst i move around with control	To be able to hold small objects in a cone whilst moving around	to be able to roll a ball in the direction of a target with control.	to be able to stop different sized objects from slowly going past me	To be able to play basic games involving different sized objects with control		
G	To be able to hold large objects whilst moving around	I am able to hold small objects in a cone whilst moving around a different speeds with control	to be able to roll a ball in the direction of a target with control and success.	to be able to stop different sized objects from going past me at different speeds with success.	to be able to play basic games with multiple objects with control with added pressure.		
	SPR1						
Levels and Directions	Basic Movement	Direction	Levels	Sequences	Games		
B	To be able to move in different ways	to be able to move in different directions	to understand what changing levels means and demonstrate this	to understand and be able to put 2 movements together.	to be able to play basic games using different movements with some control.		

	S	To be able to copy different movements	to be able to move in different directions using different movements with control.	To understand and be able to work confidently across a number of different levels	to be able to put multiple movements together using 2 different levels	to be able to play basic games using different movements and changing directions with control.			
	G	To be able to share different movements with a small group.	to be able to move in different directions using different movements whilst changing speeds with control.	to be able to recognise appropriate levels for different basic tasks	to be able to put multiple movements together using multiple different levels	to be able to play basic games using different movements, changing direction and levels with control and success.			
		SPR2							
	BAC's	Balance	Co-Ordination	Agility	Basic Games	Leadership			
	B	to be able to hold basic balances with support.	to be able to use arms and legs in co-ordination.	to be able to follow someone moving and changing direction with some control	to be able to follow basic rules with support	to be able to follow basic instructions to complete basic tasks on my own.			
	S	to be able to hold multiple balances without support.	to be able to use arms and legs in co-ordination with control and holding equipment	to be able to move and change direction with control .	to be able play basic games involving BAC's	I am able to follow basic instructions to complete basic tasks with others asking for help if i need it.			
	G	to be able to hold multiple balances with control	to be able to send and recieve objects whilst moving	to be able to move and change direction at different speeds with control and success.	to be able to play basic games with control, using BAC's	I am able to follow basic instructions to complete basic tasks with others.			
		SUM1							
	Athletics	Jumping	Throwing	Sprinting	Relay	Circuit			
	B	to be able to send my body and land with control	to be able to send a small ball towards a target with some success	to be able to travel in a straight line	to understand how a basic relay race works	to be able to complete a range of basic tasks/events			

	S	to be able to send my body and land with control across different jumps.	to be able to send a small ball towards a target with control.	to be able to travel in a straight line in a competitive environment	to be able to understand and demonstrate a basic relay race.	to be able to complete a range of basic tasks/events with success		
	G	to be able to send my body and land with control across all 3 different jumps.	to be able to send a small ball towards a target with control and success.	to be able to travel in a straight using correct technique	to be able to understand and demonstrate a basic relay race, passing an object on change over.	to be able to complete a range of basic tasks/events using the correct technique with success.		
	SUM2							
	Team Games	Unders/Overs	MudMonsters	Foxes & Farmers	MiniBulldog	Hoop Game		
	B	to understand what makes a good team	to be able to follow rules in a larger game	to be able to work in small teams and follow basic rules with support	to be able to understand the game	to understand the task and what they want to achieve in the game		
	S	to demonstrate different areas of what makes a good team	to be able to follow rules in a larger game and work in different teams	to be able to work well in small teams and follow basic rules	to be able to understand the game and work well in small groups	to be able to understand to move the hoop		
	G	to demonstrate different areas of what makes a good team and use this to motivate others	to be able to follow rules in a larger game and work in different teams, to be able to give ideas about how to play the game	to be able to work well in small teams and follow basic rules with success	to be able to follow rules in larger teams and work well with success	to be able to understand effective ways to move the hoop		

	AUT1							
Physical, Health and Wellbeing								Warm Up
								To be able to lead with a teacher a basic warm up for the class
B								To know that a warm up is done to get our bodies warm and our hearts beating fast ready for PE.
S								To be able to give examples of what exercises we might do in a warm up.
G								
	AUT2							
Object Control	Moving with objects	Holding objects with equipment	Sending	Receiving	Games			
B	I can hold small objects whilst i move around with control	To be able to hold small objects in a cone whilst moving around	to be able to roll a ball in the direction of a target with some control.	to be able to stop different sized objects from slowly going past me	To be able to play basic games involving different sized objects with control			
S	To be able to hold large objects whilst moving around	I am able to hold small objects in a cone whilst moving around a different speeds with some control	to be able to roll a ball in the direction of a target with control and success.	to be able to stop different sized objects from going past me at different speeds with success.	to be able to play basic games with multiple objects with control			
G	To be able to hold large objects whilst moving around	I am able to hold/balance objects on a flat surface.	to be able to send objects over a net towards a target with success.	to be able to stop most objects coming towards and catch large balls with consistency.	to be able to complete simple striking actions towards a target/specific direction.			
	SPR1							
BAC's	Balance	Co-Ordination	Agility	Basic Games	Games			

	B	to be able to hold multiple balances with some level of control	to be able to use arms and legs in co-ordination with control and holding equipment	to be able to move and change direction with some control	to be able play basic games involving BAC's	I am able to follow basic instructions to complete basic tasks with others asking for help if i need it.				
	S	to be able to hold multiple balances with control	to be able to send and recieve objects whilst moving with some success	to be able to move and change direction at different speeds with control	to be able to play basic games with control, using BAC's	I am able to follow basic instructions to complete basic tasks with others.				
	G	to be able to hold multiple balances with control holding equipment/small objects	to be able to send and recieve objects whilst moving with success	to be able to move and change direction at different speeds with control and success.	to be able to play basic games with control, using BAC's with success	I am able to attempt basic tasks on my own and recognise when i need to ask questions if i need help.				
		SPR2								
	Basic Invasion	Basic Att. Technical	Basic Att. Tactical	Basic Def. Technical	Basic Def. Tactical	Games/Leadership				
	B	I have a basic understanding of what it means to attack during a small 2v1 tagging game.	I have the knowledge to evade capture in a 2v1 attack.	I have the knowledge to defend a small area or object in a 2v1 tagging game.	I have the knowledge and am able to quickly change direction in a small space.	I can work well in a small team playing basic invasion games.				
	S	I have a basic understanding of what it means to attack during a small 2v1 tagging game, i can demonstrate this with some success.	I have the knowledge and am sometimes able to succeed in evading capture in a 2v1 attack.	I have the knowledge and am sometimes able to defend a small area or object in a 2v1 tagging game.	I have the knowledge and skill to sometimes successfully evade capture in a large space.	I can work well in a small team playing basic invasion games and give suggestions on how to play fairly and include basic SET.				

	G	I have a basic understanding of what it means to attack during a small 2v1 tagging game, i can demonstrate this with success.	I have the knowledge and am able to succeed in evading capture in a 2v1 attack most of the time.	I have the knowledge and am able to defend a small area or object in a 2v1 tagging game most of the time.	i have the knowledge and skill to successfully evade capture in a large space most of the time.	I can work well in a small team playing basic invasion games and give suggestions on how to play fairly and include basic SET, whilst giving simple instructions to peers.		
		SUM1						
	Athletics	Jumping	Throwing	Sprinting	Relay	Circuit		
	B	to be able to send my body and land with some control across different jumps	to be able to send a small ball towards a target with success	to be able to travel in a straight line in a competitive environment	to be able to understand and demonstrate a basic relay race.	to be able to complete a range of basic tasks/events with some success		
	S	to be able to send my body and land with control across all 3 different jumps	to be able to send a small ball towards a target with control and success	to be able to travel in a straight line using correct technique	to be able to understand and demonstrate a basic relay race, passing an object on change over.	to be able to complete a range of basic tasks/events using the correct technique with some success.		
	G	to be able to send my body and sometimes land with control whilst performing basic shapes in the air.	to be able to send a different object and towards a target with success.	to be able to travel in a different directions using correct technique	to be able to understand and demonstrate a basic relay race, passing different objects on a change over effectively	to be able to complete a range of basic tasks/events in a small team using the correct technique with success		
		SUM2						
	Strike and Field	Sending	Receiving	Basic Att./Def Tactical	Game play	Leadership		

	B	to be able to stop/roll large balls with success using my hands.	to be able to catch a small object after sending it to themselves with control.	to be able to stop or catch objects with some success during a basic strike and field game.	to be able to demonstrate basic striking with hands with control	to have the knowledge of basic strike and field games and an understanding of what components make up a S&F game.			
	S	to be able to stop/roll large balls with success using my hands and feet.	to be able to stop or catch objects with success.	to be able to stop or catch objects with success during a basic strike and field game and then throw the ball to the correct place afterwards.	to be able to demonstrate striking with hands and field with control.	to be able to demonstrate basic strike and field games with the knowledge of how to succeed.			
	G	to be able to use my hands and feet effectively to stop/roll different balls with some success using the correct technique.	to be able to stop or catch objects with some success during a basic strike and field game.	to be able to make the correct decisions during a basic strike and field game.	to be able to demonstrate striking with hands and feet with some success during a basic strike and field game.	to be able to demonstrate and help others in a small group play basic strike and field games with the knowledge of how to succeed			

	AUT1								
	Physical, Health and Wellbeing								Warm Up
									To be able to lead one of 3 stages in a warm up in small groups.
	B								To know that our hearts beat faster and pump blood around the body to get us ready for PE.
	S								To be able to give examples of Pulse Raising Activities, Stretches and Fun games to play in a warm up.
	G								
	AUT2								
	Invasion	Sending/Receiving	Attacking	Defending	Dodging	Games/Leadership			
	B	to be able to send an object to a partner or aim for a target	i understand the basic skills required to attack in different basic games.	to be able to perform a basic tag in small games.	To understand what it requires to dodge and evade opponents.	I can work well in a small team playing basic invasion games and give suggestions on how to play fairly and include basic SET.			
	S	to be able to send an object to a partner and aim for a target with success	to be able to perform change of direction and speed when attacking in basic games.	to be able to tag with correct technique using tags/belts with success.	to perform dodging/evading skills with success	I can work well in a small team playing basic invasion games and give suggestions on how to play fairly and include basic SET, whilst giving simple instructions to peers.			

	G	to be able to send an object to a partner and aim for a target with success and correct technique.	to be able to perform change of direction and speed when attacking in basic games with some pressure.	to be able to tag with correct technique using tags/belts with success during a game.	to perform dodging/evading skills with success and correct technique.	I can work with anyone from my class, offering do wells and do differently's based on their performance in basic invasion games.			
	SPR1								
	Team Games	Lead. Unders/Overs	Lead. MudMonsters	Lead. Foxes & Farmers	Lead. MiniBulldog	Lead. Hoop Game	Based on Group Sizes?		
	B	to demonstrate different areas of what makes a good team and use this to motivate others	to be able to follow rules in a larger game and work in different teams, to be able to give ideas about how to play the game	to be able to work well in small teams and follow basic rules with success	to be able to follow rules in larger teams and work well with success	to be able to understand effective ways to move the hoop	Different elements of SET		
	S	to be able to instruct a small team to a successful task	to be able to work with all members of my class and start showing basic STEPS	to be able to give basic do wells and do differently's when asked about the game.	to be able to follow and give basic instructions to a small group.	to be able to ask basic questions when they are curious and pass on basic information to the group.	Leadership?		
	G	to be able to instruct a medium sized team to a successful task	To be able to show STEPS majority of the time	To be able to give more detailed do wells and do differently's	To be able to lead more advanced instructions to a group	I am able to ask and answer basic questions that can enhance my performance	Feedback?		
	SPR2								
	Net/Wall	Racket Skills	Sending & Receiving	Rallying with Hands	Rallying with equipment	Games			

	B	to be able to hold a racket correctly with confidence	to be able to send a ball with a racket on the floor towards a target	to be able to use forehand technique with a partner and a large ball with success.	to be able to use forehand technique using a racket with a partner and a large ball with some success.	to understand the basic rules of hitting it in and out and over a net/obstacle.			
	S	to be able to hold a racket correctly with confidence whilst attempting to balance objects on my racket with control.	to be able to send a ball with a racket on the floor towards a target with control. To be able to stop a ball with a racket with success whilst it is moving towards them.	to be able to use forehand and backhand technique with a partner and a large ball with success.	to be able to use forehand and backhand technique using a racket with a partner and a large ball with some success.	to understand rules for a basic game of tennis whilst officiating those basic rules in a group of 3.			
	G	to be able to hold a racket correctly with confidence whilst balancing small round objects on my racket with success.	to be able to send a ball with a racket on the floor towards a target with success and correct technique. to be able to return a ball with some success after the ball is moving towards them.	to be able to use forehand and backhand technique with success. To be able to play using those technique and having only one bounce with success.	to be able to use forehand and backhand technique using a racket with success. To be able to play using those technique and having only one bounce with success.	to understand more advanced rules for a basic game of tennis whilst officiating those basic rules in a group of 3.			
		SUM1							
	Athletics	Jumping	Throwing	Sprinting	Relays	Circuit			
	B	to be able to send my body and land with some control across different jumps	to be able to send a small ball towards a target with success	to be able to travel in a straight line in a competitive environment	to be able to understand and demonstrate a basic relay race.	to be able to complete a range of basic tasks/events with some success			

	S	to be able to send my body and land with control across all 3 different jumps	to be able to send a small ball towards a target with success and control.	to be able to travel in a straight line using correct technique	to be able to understand and demonstrate a basic relay race, passing an object on change over.	to be able to complete a range of basic tasks/events using the correct technique with some success.			
	G	To be able to the technique taught and imply that into a standing long jump and triple jump.	To be able to use the correct technique and send a javelin with some success.	To be able to run with the correct technique using the skills taught.	To be able to work successfully in a team and compete in a relay race.	To be able to challenge individuals to compete against others in a olympic style circuit.			
	SUM2								
	Strike & Field	Sending	Receiving	Basic Att./Def Tactical	Game play	Leadership			
	B	to be able to roll large balls with success using my hands and feet.	I am able to receive most objects to with confidence.	to be able to stop or catch objects with some success during a basic strike and field game.	to be able to demonstrate striking with hands and feet with some success during a basic strike and field game.	to be able to demonstrate basic strike and field games with the knowledge of how to succeed.			
	S	to be able to use my hands and feet effectively to roll different balls with some success using the correct technique.	I am able to receive most objects to with confidence and the correct technique.	to be able to stop or catch objects with success during a basic strike and field game and then throw the ball to the correct place afterwards.	to be able to demonstrate striking with hands and feet with some success during a basic strike and field game.	to be able to demonstrate and help others in a small group play basic strike and field games with the knowledge of how to succeed			
	G	to be able to use equipment to strike the ball when the ball is tee'd up or still	to be able to catch a ball that is bouncing towards you.	to be able to make the correct decisions during a basic strike and field game.	to be able to demonstrate striking with equipment with some success during a basic strike and field game.	to be able to pass on basic information during a game or practice to improve peers.			

SPR1					
Net/Wall	Sending/Receiving	Att. Tactical	Def. Tactical	Game play	Leadership
B	To be able to send and receive a volleyball with success.	I am able to identify where to aim the ball and able to attempt to get the ball in that area.	I am able to identify and position myself in order to dodge the ball.	I understand the basic rules for volleyball.	I am able to identify when i need help and ask for help from others.
S	To be able to send and receive a volleyball with the correct technique with success.	I am able to identify where to aim the ball and attempt to get the ball in that area with success.	I am able to identify and position myself in order to dodge the ball with success	I understand the basic rules for volleyball and demonstrate these with some success.	I am able to identify when others need help and give simple feedback to them.
G	To be able to send and receive a volleyball with the correct technique whilst moving with success and control.	I am able to identify where to aim the ball and attempt with success and control.	I am able to identify where I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at me.	I am able to make my own decisions on what will benefit my team during volleyball.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's.
SPR2					
Invasion	Sending/Receiving	Att. Technical	Att. Tactical	Game Play	Leadership
B	to be able to send and receive a rugby ball with some success.	i am able to identify which opponents need tagging and attempt to tag them with some success.	I am able to find space in order to be clear of opponents trying to tag me.	I understand the basic rules for Tag Rugby and CTF.	I am able to identify when i need help and ask for help from others.
S	To be able to send and receive a rugby ball with the correct technique with some success.	I am able to tag opponents at different speeds with some success	I am able to evade opponents to avoid being tagged with some success.	I understand the basic rules for Tag Rugby and CTF and demonstrate these with some success.	I am able to identify when others need help and give simple feedback to them.
G	to be able to send and receive a rugby ball with the correct technique whilst moving with success.	I am able to tag opponents at different speeds with success	I am able to change direction and speed in order to evade opponents with success.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's.
SUM1					
Athletics	Throwing	Jumping	Running	Team Events	Leadership

	G	to be able to strike the ball using equipment when the ball is rolling towards. To be able to perform an underarm bowl with correct technique in a competitive environment.	to be able to catch a ball that is that is thrown towards you with correct technique during a non competitive game.	to be able to anticipate where the ball could go and be prepared to stop/catch it.	to be able to demonstrate striking and fielding with good technique and success.	to be able to give positive feedback to peers and motivate peers too.									
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AUT1						Warm Up					
Physical, Health and Wellbeing						To be able to lead an effective warm up on their own with small groups.					
B						To understand the benefits of doing warm ups					
S						To know what signs to look for during a warm. (Sweat, red face, heavy breathing) and be able to move on to next stage of warming up by themselves.					
G											
AUT2											
Health & Fitness	Baseline Testing - Worksheet & Fitness Tests	Aerobic	Anaerobic	Strength & Power	Baseline testing/Leadership						
B	to be able to find my pulse when required, I have basic nutritional knowledge and I am aware of how much physical activity I should be doing to keep healthy. I am able to complete all baseline tests to the best of my ability whilst encouraging and supporting peers through theirs.	to be able to describe what aerobic means with some examples of aerobic activities. To be able to participate in all aerobic exercises to the best of their ability. To be able to give feedback to peers based on their aerobic activity performance.	to be able to describe what anaerobic means with some examples of anaerobic activities. To be able to participate in all anaerobic exercises to the best of their ability. To be able to give feedback to peers based on their anaerobic activity performance.	to be able to describe what strength and power means with some examples of aerobic activities. To be able to participate in all strength and power exercises to the best of their ability. To be able to give feedback to peers based on their strength and power activity performance.	to be able to relay information back to groups of 6+ whilst encouraging and supporting peers to do the best. To be able to give good feedback to peers based on their performance.						
S	To be able to find my pulse when required, I have good nutritional knowledge and I am aware of how much physical activity I should be doing to keep healthy. I am able to complete all baseline tests to the best of my ability whilst encouraging and supporting peers through theirs.	to be able to explain what aerobic means with some examples of aerobic activities. To be able to participate in all aerobic exercises to the best of their ability. To be able to give detailed feedback to peers based on their aerobic activity performance.	to be able to explain what anaerobic means with some examples of anaerobic activities. To be able to participate in all anaerobic exercises to the best of their ability. To be able to give detailed feedback to peers based on their anaerobic activity performance.	to be able to explain what strength and power means with some examples of aerobic activities. To be able to participate in all strength and power exercises to the best of their ability. To be able to give detailed feedback to peers based on their strength and power activity performance.	to be able to relay information back to groups of 6+ whilst encouraging and supporting peers to do the best. To be able to give detailed feedback to peers based on their performance.						

G	I am able to analyse positive lifestyle choices and I am able to state the required daily physical activity based on age/gender	To be able to suggest basic ideas on how to train and improve an individuals aerobic system.	To be able to suggest basic ideas on how to train and improve an individuals anaerobic system.	To be able to suggest basic ideas on how to train and improve an individuals strength or power.	To be able to run a basic training session based on an individual topic and collect results.								
SPR1													
Net/Wall	Sending & Receiving Technical	Att. Tactical	Def. Tactical	Game Play	Leadership								
B	To be able to send and receive a volleyball with the correct technique with success.	I am able to identify where to aim the ball and attempt with success.	I am able to identify and position myself in order to dodge the ball.	I understand the basic rules for volleyball and demonstrate these with success.	I am able to identify when others need help and give simple feedback to them.								
S	To be able to send and receive a volleyball with the correct technique whilst moving with success.	I am able to identify where to aim the ball and attempt with control and success.	I am able to identify and position myself in order to dodge the ball with success	I am able to make my own decisions on what will benefit my team during volleyball.	I am able to identify when others need help and give simple feedback to them, I am able to recognise my own mistakes and give simple do differently's.								
G	To be able to send and receive a volleyball with the correct technique whilst moving with success under pressure.	I am able to identify where to aim the ball and attempt with success under pressure.	I am able to identify where I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at me.	I am able to make my own decisions on what will benefit my team during volleyball under pressure.	I am able to identify when others need help and give simple feedback to them, I am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,								
SPR2													
Invasion	Att./Def. Technical	Att. Tactical	Def. Tactical	Game Play	Leadership								
B	To be able to send and receive a rugby ball with the correct technique with success.	I am able to tag opponents at different speeds with success	I am able to evade opponents to avoid being tagged with success.	I understand the basic rules for Tag Rugby and CTF and demonstrate these with success.	I am able to identify when others need help and give simple feedback to them.								

	S	to be able to send and receive a rugby ball with the correct technique whilst moving with success.	I am able to tag opponents at different speeds with success using correct technique.	I am able to change direction and speed in order to evade opponents with success.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's.							
	G	I am able to make quick decisions to where i want to send the ball and perform with success under pressure.	I am able to make quick decisions based on stopping opponents from gaining an advantage over me or my team.	I am able to make quick decisions on the best route and opportunity for me to get success and evade defenders.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF. I am able to explain these decisions to my team with possible outcomes.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,							
	SUM1												
	Athletics	Throwing	Jumping	Running	Team Events	Leadership							
	B	To be able to use the correct technique and send a shotput with some success.	To be able to the technique taught and imply that into a standing long jump	To be able to run with the correct technique using the skills taught.	To be able to work successfully in a team and compete in a relay race.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,							
	S	To be able to use the correct technique and send a javelin with success.	To be able to the technique taught and imply that into a standing long jump and triple jump.	To be able to run with the correct technique using the skills taught.	To be able to work successfully in a team and compete in a relay race.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,							

G	To be able to send a javelin and shotput with the correct technique with success	To be able to jump using long jump and triple jump with the correct technique with success	To be able to run with the correct technique with constant success	To be able to work with groups of people and successfully come up with a advantage to a relay race.	I am able to identify when others need help and give detailed feedback to them, I am able to recognise my own mistakes and give detailed do differently's. I am able to move a task on in simple ways with guidance,
	SUM2				
Strike & Field	Technical (Batting)	Technical (Fielding)	Tactical (Batting & Fielding)	Gameplay	Leadership
B	To be able to perform a range of batting techniques without any competitive pressure.	To be able to perform a range of fielding techniques without any competitive pressure.	to understand where to strike a ball for maximum points during strike and field games	To be able to play a number of striking games using basic rules.	To be able to lead simple game based activites with small groups of similar ability.
S	To be able to perform a wider range of batting techniques, striking a ball in a competitive enviornment	To be able to perform a wider range of fielding techniques and successfully receiving a ball	to understand where to strike a ball for maximum points during strike and field games and stand in the correct poistions to effect the points available	To be able to play all of the striking games using the basic rules	To be able to lead small groups of mixed abilitites to play different game based activities and offer feedback to improve.
G	To be able to perform a batting technique, adjust their body and strike a ball towards a target in a competitive enviornment.	To be able to perform a number of fielding techniques, understand and adjust body positions to ensure the correct technique is used when appropriate.	to be able to set up body position and standing position when striking and fielding and adjust depeding on environment.	To be able to play all striking games using advanced rules	To be able to lead larger groups of mixed abilities, leading different skill based and game based activites to develop learners.

	AUT1						Warm Up														
	Physical, Health and Wellbeing						To be able to lead an effective warm up on there own with small groups.														
	B						To understand the benefits of doing warm ups														
	S						To know what signs to look for during a warm. (Sweat, red face, heavy breathing) and be able to move on to next stage of warming up by themselves.														
	G																				
							AUT2														
	Health & Fitness	Baseline Testing - Worksheet & Fitness Tests	Aerobic / Anaerobic	Strength & Power	Flexibility	Baseline testing/Leadership															
	B	To be able to find my pulse when required, I have good nutritional knowledge and I am aware of how much physical activity I should be doing to keep healthy. I am able to complete all baseline tests to the best of my ability whilst encouraging and supporting peers through theirs.	to be able to explain what aerobic and anaerobic means with some examples of aerobic and anaerobic activities. To be able to participate in all aerobic and anaerobic exercises to the best of their ability. To be able to give detailed feedback to peers based on there aerobic and anaerobic activity performance.	to be able to explain what anaerobic means with some examples of strength and power activities. To be able to participate in all strength and power exercises to the best of their ability. To be able to give detailed feedback to peers based on there strength and power activity performance.	to be able to explain what flexibility means with some examples of aerobic activities. To be able to participate in all flexibility exercises to the best of their ability. To be able to give detailed feedback to peers based on there flexibility activity performance.	to be able to relay information back to groups of 6+ whilst encouraging and supporting peers to do the best. To be able to give detailed feedback to peers based on their performance.															
	S	I am able to analyse positive lifestyle choices and I am able to state the required daily physical activity based on age/gender	To be able to suggest basic ideas on how to train and improve an individuals aerobic and anaerobic system.	To be able to suggest basic ideas on how to train and improve an individuals strength and power.	To be able to suggest basic ideas on how to train and improve an individuals flexibility.	To be able to run a basic training session based on an individual topic and collect results.															
	G	I am able to analyse positive and negative lifestyle choices and I am able to state the required daily physical activity based on age/gender	To be able to run an effective small activity based on improving my aerobic and anaerobic ability	To be able to run an effective small activity based on improving my strength and power ability	To be able to run an effective small activity based on improving my flexibility	To be able to run a specific training session based on an individuals needs and collect results															
							Tactical					Technical						Health Awareness (PSEM)		Leadership	

									I can explain in detail what skills myself / my team need to succeed during a task or game.	I can perform a range of advanced skills with some control. I can change level, speed and direction in a competitive environment whilst performing a range of actions and skills with control.	I understand when my body is working at its maximum and when I need to take a rest.	I am able to give detailed instructions to others in a small group (3 - 5)
		SPR1							I am able to identify my oppositions strengths and weaknesses, using this to give myself / my team an advantage.	I can successfully send and receive objects in most competitive net/wall games using the correct technique	I understand a variety of complex emotions and how to control them.	I proactively give detailed do wells and do differently's to peers based on their performance.
	Invasion	Att./Def. Technical	Att. Tactical	Def. Tactical	Game Play	Leadership		I proactively use self reflection through do wells and do differently's to gain an advantage for myself / my team.	I can successfully strike and field with my hands, feet and equipment in most competitive environments using the correct technique	I can explain what a good weekly exercise regime looks like and how this will benefit my health.	I can seek guidance from different people and decide with confidence what actions to take.	
	B	to be able to send and receive a rugby ball with the correct technique whilst moving with success.	I am able to tag opponents at different speeds with success	I am able to change direction and speed in order to evade opponents with success.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's.					I am able to provide rationale solutions to other peoples problems	I can progress and regress a task for my group when prompted
	S	I am able to make quick decisions to where i want to send the ball and perform with success under pressure.	I am able to make quick decisions on the best route and opportunity for me to get success and evade defenders.	I am able to make quick decisions based on stopping opponents from gaining an advantage over me or my team.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF. I am able to explain these decisions to my team with possible outcomes.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance.					I understand nutritional values on the back of a packet/product	I lead by example, showing SET all of the time whilst encouraging others to do the same.
	G	I am able to make appropriate decisions on which skill to perform during a competitive game with success.	I am able to make appropriate decisions quickly and communicate this with my team in order to provide the best attacking outcome with success.	I am able to make appropriate decisions quickly and communicate this with my team in order to provide the best defensive outcome with success.	I am able to set team tactics and goals before the game and explain to my team the most effective way to get this done. I am also able to evaluate after the game and set new team goals based on previous performance,	I am able to identify when others need help and give advanced feedback to them, i am able to recognise my own mistakes and give advanced do differently's. I am able to move a task on in advanced ways with guidance,						

SPR2					
Net/Wall	Att./Def. Technical	Att. Tactical	Def. Tactical	Game Play	Leadership
B	To be able to send and receive a volleyball with the correct technique whilst moving with success. I am able to identify where to aim the ball and attempt with success.	to be able to move towards a space in order to have an easier target or chance of attacking.	I am able to identify and position myself in order to dodge the ball with some success	I am able to make my own decisions on what will benefit my team during volleyball/dodge ball.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's.
S	To be able to send and receive a volleyball with the correct technique whilst moving with success under pressure. I am able to identify where to aim the ball and attempt with success under pressure.	to be able to see when there is an opportunity to attack and then act on it with success.	I am able to identify where I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at/past me.	I am able to make my own decisions using my knowledge of rules to come out with the correct result.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance.
G	To be able to dodge, block and strike with correct technique in different environments with some success in a competitive environment.	to be able to see an opportunity to attack and act on it with success in a competitive environment.	I am able to identify when I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at/past me. I am able to read when/where an opponent is going to hit/throw a ball.	I am able to make my own decisions using advanced knowledge of rules to come out with the correct result.	I am able to identify when others need help and give detailed feedback to them, i am able to recognise my own mistakes and give detailed do differently's. I am able to move a task on in simple ways with guidance.
SUM1					
Athletics	Technical Throwing	Technical Jumping	Running	Team Events	Leadership

B	To be able to use the correct technique and send a javelin with success.	To be able to the technique taught and imply that into a standing long jump and triple jump.	To be able to run with the correct technique using the skills taught.	To be able to work successfully in a team and compete in a relay race.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,								
S	To be able to send a javelin and shotput with the correct technique with success	To be able to jump using long jump and triple jump with the correct technique with success	To be able to run with the correct technique with constant success	To be able to work with gorpus of people and succesfully come up with a advantage to a relay race.	I am able to identify when others need help and give detailed feedback to them, i am able to recognise my own mistakes and give detailed do differently's. I am able to move a task on in simple ways with guidance,								
G	I am able to use the correct technique consistently to throw the javelin and shotput with good distance successfully	I am able to use the correct technique consistently to jump with good distance successfully	To be able to set a timed challenge for myself to beat. Can i set other people a challenge also.	To be able to succesfully use a batton in a relay race without dropping it and not losing time on the changeover.	I am able to identify when others need help and give advanced detailed feedback to them, i am able to recognise my own mistakes and give advanced detailed do differently's. I am able to move a task on in mulitple stages.								
SUM2													
Strike & Field	Technical (Batting & Fielding)	Tactical Batting	Tactical Fielding	Gameplay	Leadership								
B	To be able to perform a wider range of batting and fielding techniques, including striking and fielding a ball in a competitive enviornment.	To understand where effective places to bat and aim for are in strike and field games.	to understand where effective places to field are during strike and field games.	To be able to play all of the striking games using the basic rules	To be able to lead small groups of mixed abilitites to play different game based activities and offer feedback to improve.								

	S	To be able to perform a batting and fielding technique, adjust their body and strike/field a ball towards a target in a competitive environment. To be able to perform an overarm bowl with correct technique towards a target.	To understand where effective places to bat and aim for are in strike and field games and perform this in a non competitive environment .	to be able to adjust fielding positioning based on the opposition striking at the time.	To be able to play all striking games using advanced rules	To be able to lead larger groups of mixed abilities, leading different skill based and game based activites to develop learners.								
	G	To be able to perform a range of batting and fielding techniques, adjusting their body appropriately to perform the correct striking/fielding technique in a competitive environment. To be able to perform an overarm bowl with correct technique in a competitive environment.	To understand the effective areas to send the ball with the bat, scoring maximum points in a competitive enviornment and perform this.	to be able to adjust fielding positioning based on the opposition striking at the time, to position themselves and others to gain the best chance of fielding succesfully as a team.	To be able to play all striking games using advanced rules understanding scoring, points systems and playing a competitive league format	To be able to lead a number of groups to run a small sided striking game format with rules.								

	AUT1						Warm Up
Physical, Health and Wellbeing							To be able to lead an effective warm up on there own with small groups.
B							To understand the benefits of doing warm ups
S							To know what signs to look for during a warm. (Sweat, red face, heavy breathing) and be able to move on to next stage of warming up by themselves.
G							
	AUT2						
Health & Fitness	Baseline Testing - Worksheet & Fitness Tests	Aerobic / Anaerobic	Strength & Power	Flexibility	Baseline testing/Leadership		
B	I am able to analyse positive lifestyle choices and I am able to state the required daily physical activity based on age/gender	To be able to suggest basic ideas on how to train and improve an individuals aerobic and anaerobic system.	To be able to suggest basic ideas on how to train and improve an individuals strength and power.	To be able to suggest basic ideas on how to train and improve an individuals flexibility.	To be able to run a basic training session based on an individual topic and collect results.		
S	I am able to analyse positive and negative lifestyle choices and I am able to state the required daily physical activity based on age/gender	To be able to run an effective small activity based on improving my aerobic and anaerobic ability	To be able to run an effective small activity based on improving my strength and power ability	To be able to run an effective small activity based on improving my flexibility	To be able to run a specific training session based on an individuals needs and collect results		

	G	I am able to compare different profiles of lifestyle choices which will lead me to a full conclusion of advantages and disadvantages	To be able to run an effective programme for a classmate based on developing their aerobic and anaerobic ability	To be able to run an effective programme for a classmate based on developing their strength and power.	To be able to run an effective programme for a classmate based on developing their flexibility.	To be able to collect and analyse data and feedback/provide appropriate training.		
	SPR1							
	Invasion	Att./Def. Technical	Att. Tactical	Def. Tactical	Game Play	Leadership		
	B	I am able to make quick decisions to where i want to send the ball and perform with success under pressure.	I am able to make quick decisions on the best route and opportunity for me to get success and evade defenders.	I am able to make quick decisions based on stopping opponents from gaining an advantage over me or my team.	I am able to make my own decisions on what will benefit my team during Tag Rugby and CTF. I am able to explain these decisions to my team with possible outcomes.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,		
	S	I am able to make appropriate decisions on which skill to perform during a competitve game with success.	I am able to make appropriate decisions quickly and communicate this with my team in order to provide the best attacking outcome with some success.	I am able to make appropriate decisions quickly and communicate this with my team in order to provide the best defensive outcome with some success.	I am able to set team tactics and goals before the game and explain to my team the most effective way to get this done. I am also able to evaluate after the game and set new team goals based on previous performance,	I am able to identify when others need help and give advanced feedback to them, i am able to recognise my own mistakes and give advanced do differently's. I am able to move a task on in advanced ways with guidance,		

	G	I am able to make the most effective decisions on which skill to perform during a competitive game with success.	I am able to make the most effective decisions quickly and communicate this with my team in order to provide the best outcome with success most of the time.	I am able to make the most effective decisions quickly and communicate this with my team in order to provide the best defensive outcome with success.	I am able to set advanced team tactics and goals before the game and explain to my team the most effective way to get this done. I am also able to evaluate fairly after the game and set new team goals based on previous performance,	I am able to identify when others need help and give advanced feedback to them, i am able to recognise my own mistakes and give advanced do differently's. I am able to move a task on in advanced ways with guidance. I am able to provide different ways of giving feedback based on personel and environment.		
		SPR2						
	Net/Wall	Att./Def. Technical	Att. Tactical	Def. Tactical	Game Play	Leadership		
	B	To be able to send and recieve a volleyball with the correct technique whilst moving with success under pressure. I am able to identify where to aim the ball and attempt with success under pressure.	to be able to see when there is an opportunity to attack and then act on it with success.	I am able to identify where I am in a position that makes myself vunerable and move into a better position that will make it harder for the opponents to get a shot at/past me.	I am able to make my own decisions using my knowledge of rules to come out with the correct result.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,		

	S	To be able to dodge, block and strike with correct technique in different environments with some success in a competitive environment.	to be able to see an opportunity to attack and act on it with success in a competitive environment.	I am able to identify when I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at/past me. I am able to read when/where an opponent is going to hit/throw a ball.	I am able to make my own decisions using advanced knowledge of rules to come out with the correct result.	I am able to identify when others need help and give detailed feedback to them, i am able to recognise my own mistakes and give detailed do differently's. I am able to move a task on in simple ways with guidance,		
	G	To be able to dodge, block and strike with correct technique in different environments with success in a competitive environment.	to be able to spot an opportunity to attack as a team or an individual and act accordingly with success in a competitive environment.	I am able to identify when I am in a position that makes myself vulnerable and move into a better position that will make it harder for the opponents to get a shot at/past me. I am able to read when/where an opponent is going to hit/throw a ball with success and piece together my next move proactively using this information.	I am able to make my own decisions using advanced knowledge of rules to come out with the correct result whilst explaining this to other members of my team/pitch. Also explain in detail to those working at a lower level.	I am able to identify when others need help and give advanced detailed feedback to them, i am able to recognise my own mistakes and give advanced detailed do differently's. I am able to move a task on in multiple stages.		
	SUM1							

Athletics	Technical Throwing	Technical Jumping	Running	Team Events	Leadership
B	To be able to send a javelin and shotput with the correct technique with success	To be able to jump using long jump and triple jump with the correct technique with success	To be able to run with the correct technique with constant success	To be able to work with groups of people and successfully come up with a advantage to a relay race.	I am able to identify when others need help and give simple feedback to them, i am able to recognise my own mistakes and give simple do differently's. I am able to move a task on in simple ways with guidance,
S	I am able to use the correct technique consistantly to throw the javelin and shotput with good distance successfully	I am able to use the correct technique consistantly to jump with good distance successfully	To be able to set a timed challenge for myself to beat. Can i set other people a challenge also.	To be able to succesfully use a batton in a relay race without dropping it and not losing time on the changeover.	I am able to identify when others need help and give detailed feedback to them, i am able to recognise my own mistakes and give detailed do differently's. I am able to move a task on in simple ways with guidance,
G	To be able to successfully throw a good distance in a competetion based game against other classmates.	To be able to jump consistantly landing on both feet in a competetion with the correct technique.	To be able to succesfully jump over hurldes in a competetion against other classmates.	To be able to constantly perform a succesful changeover in a competetion race against others.	I am able to identify when others need help and give advanced detailed feedback to them, i am able to recognise my own mistakes and give advannced detailed do differently's. I am able to move a task on in multiple stages.
SUM2					

	Strike & Field	Technical (Batting & Fielding)	Tactical Batting	Tactical bowling	Gameplay	Leadership		
	B	To be able to perform a batting and fielding technique, adjust their body and strike/field a ball towards a target in a competitive environment. To be able to perform an overarm bowl with correct technique towards a target.	To understand where effective places to bat and aim for are in strike and field games and perform this in a non competitive environment .	To send the ball to influence the batter to strike to a certain space or angle where your team is expecting it.	To be able to play all striking games using advanced rules	To be able to lead larger groups of mixed abilities, leading different skill based and game based activities to develop learners.		
	S	To be able to perform a range of batting and fielding techniques, adjusting their body appropriately to be successful in a competitive environment. To be able to perform an overarm bowl with correct technique in a competitive environment.	To understand the effective areas to send the ball with the bat, scoring maximum points in a competitive environment and perform this.	To be able to perform a wide range of bowls to a batter to become an unpredictable bowler to face and enhance the chances of the batter making a mistake and getting them out.	To be able to play all striking games using advanced rules understanding scoring, points systems and playing a competitive league format	To be able to lead a number of groups to run a small sided striking game format with rules.		

	G	To be able to perform a range of batting techniques based on the bowl incoming, adjusting their body appropriately to be successful in a competitive environment. To be able to perform a range of bowling techniques correctly in a competitive environment.	To be able to understand last minute changes to body positions and batting stance/technique that is likely to direct the fielding teams positions in certain ways. To then be able to change this position to perform another strike in a space created.	To be able to identify the most effective positions to send the ball to decrease the batters chances of getting out. Understanding their weaknesses and staying within the laws of the game to ensure minimal points scored.	To be able to set up all pitches based on regulations and dimensions set by adult. Ensuring the correct equipment is placed in the correct positions to play all striking games.	To be able to lead a number of groups in larger sided striking games following advanced rules, as well as structuring and numerically updating a league/tournament format.		
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