

PE Progression

Unit	Year 7	Year 8	Year 9
	Stage 5		
Body Control and Spatial Awareness	At this stage, body control and spatial awareness activities will be incorporated into other PE content areas.		<p>Reflecting and improving performance</p> <p>Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Explain and demonstrate strategies that enhance interpersonal skills ii. Develop goals and apply strategies to enhance performance iii. Analyse and evaluate performance.

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Health Related Activities	<p>Identify and recognise the elements of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <p>Identify and recognise the benefits of a healthy lifestyle</p> <p>Be aware of the importance of physical activity in daily life</p> <p>Recognise the physical changes that occur to their bodies when exercising</p> <p>Demonstrate and apply safety when exercising.</p>		<p>Planning for performance</p> <p>Students through inquiry design, analyse, evaluate and perform a plan in order to improve performance in physical and health education.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Design, explain and justify plans to improve physical performance and health ii. Analyse and evaluate the effectiveness of a plan based on the outcome.

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Gymnastics	<p>Combine movements to create sequences</p> <p>Refine the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <p>Combine locomotor and non-locomotor skills while manipulating small equipment</p>		<p>Applying and performing</p> <p>Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Demonstrate and apply a range of skills and techniques effectively ii. Demonstrate and apply a range of strategies and movement concepts iii. Analyse and apply information to perform effectively.

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Games	<p>Develop coordination, manipulation, balance and spatial awareness</p> <p>Participate in activities that refine locomotor skills</p> <p>Become competent in handling different apparatus and small equipment</p> <p>Participate in lead-up games</p> <p>Participate in scaled-down or adapted versions of the recognized sports, for example invasion games, fielding and striking games, net games and target games</p> <p>Develop their own innovative games and related activities</p>		<p>Reflecting and improving performance</p> <p>Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Explain and demonstrate strategies that enhance interpersonal skills ii. Develop goals and apply strategies to enhance performance iii. Analyse and evaluate performance.

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Athletics	<p>Practice specific techniques for jumping, throwing and running events</p> <p>Learn and apply the rules of various events</p> <p>Learn how to collect and record results</p> <p>Understand and apply the safety rules in these events</p> <p>Evaluate their athletic performance and understand how they can improve their performance.</p>		<p>Applying and performing Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Demonstrate and apply a range of skills and techniques effectively ii. Demonstrate and apply a range of strategies and movement concepts iii. Analyse and apply information to perform effectively.

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Adventure Challenge	<p>Solve challenging problems, individually, in pairs or in groups</p> <p>Participate in group activities to accomplish a common goal.</p>		<p>Knowing and understanding</p> <p>Students develop knowledge and understanding about health and physical activity in order to identify and solve problems.</p> <p>In order to reach the aims of physical and health education, students should be able to:</p> <ul style="list-style-type: none"> i. Explain physical health education factual, procedural and conceptual knowledge ii. Apply physical and health education knowledge to analyse issues and solve problems set in Familiar and unfamiliar situations iii. Apply physical and health terminology effectively to communicate understanding.