

Key Performance Indicators	Year 7 Milestones - P.E
Games	I can use a range of strategies to overcome an opponent in direct competition.
	I can work alone or with team mates in order to gain points or possession in a game situation.
	I can strike a bowled or volleyed ball with accuracy and consistency using a range of techniques.
	I can alternate between forehand and backhand shots accordingly.
	I can choose the most appropriate tactics in a game situation.
	I can uphold the spirit of fair play and respect in all competitive situations.
	I can lead others when called upon and act as a good role model within a team.
	I can field, defend and attack tactically by anticipating the direction of play in a game situation.
Dance/Gymnastics	I can compose and perform creative, imaginative dance sequences.
	I can perform expressively and hold a precise and strong body posture.
	I can create a dance which can convey an original idea.
	I can perform plan and repeat complex sequences.
	I can develop physical strength and suppleness by practising more complex moves and stretching.
	I can plan a performance to change speed and levels.
	I can perform expressively and hold a precise, strong body posture.
	I can perform imaginative floor, rope and vault routines.
	I can perform a variety of partner balances.
	I can develop physical strength and suppleness by practising more complex moves and stretching.
Athletics	I can combine sprinting with medium hurdles over 60 metres.
	I can throw a javelin, discus and shot accurately and refine performance by analysing technique and body shape.
	I can time and record running times for a small group.
	I can demonstrate control in take off and landing when jumping in high jump, triple jump and long jump.
	I can embrace both leadership and team roles.

Cognitive Ability

I can empathise with others and seek support if required when the situation dictates.

I can use maps, compasses and digital devices to orientate myself.

I can understand the importance of exercise and diet on our health and well being.

I can remain aware of changing conditions and change plans if necessary.

I can understand the need to show accomplishment in managing risks.