

Physical Education

Programme of Study	Year 7 Milestones
Games	Develop techniques and improve performances
	Compare performance with previous ones to achieve personal best
	Taking the ball past an opponent, both sides, feint, control
	Understand the role they play as part of a team
	In pressured practices and games, illustrate spatial awareness, timing - when to pass / run; judge where to pass the ball
	Learn basic rules of a game in order to officiate with increasing confidence
Dance	Perform dances using advanced movement patterns
	Motifs show clear development, enabling the dance to be performed with some style and elegance
	Structure and perform dances, showing the use of space, shape and speed
Gymnastics	Perform a variety of balance and movement skills with confidence and a good level of control.
	Perform sequences which include a mixture of simple and complex movements, effectively linking them together from start to finish.
	Analyse and comment on skills and techniques in their own and others work and can suggest improvements.
Athletics	Use correct technique to throw - javelin, discus and shot putt
	Use correct technique for sprint starts
	Understand the rules for officiating running and jumping events
	Compete with others and keep track of personal best performances, setting targets for improvement
Outdoor and Adventurous Activities	In team work contribute to decision making during problem solving.
	Empathise with others and offer support without being asked
	Seek support from the team and the experts if in any doubt
	Remain positive even in the most challenging circumstances, rallying others if need be.
	Quickly assess changing conditions and adapt plans to ensure safety comes first