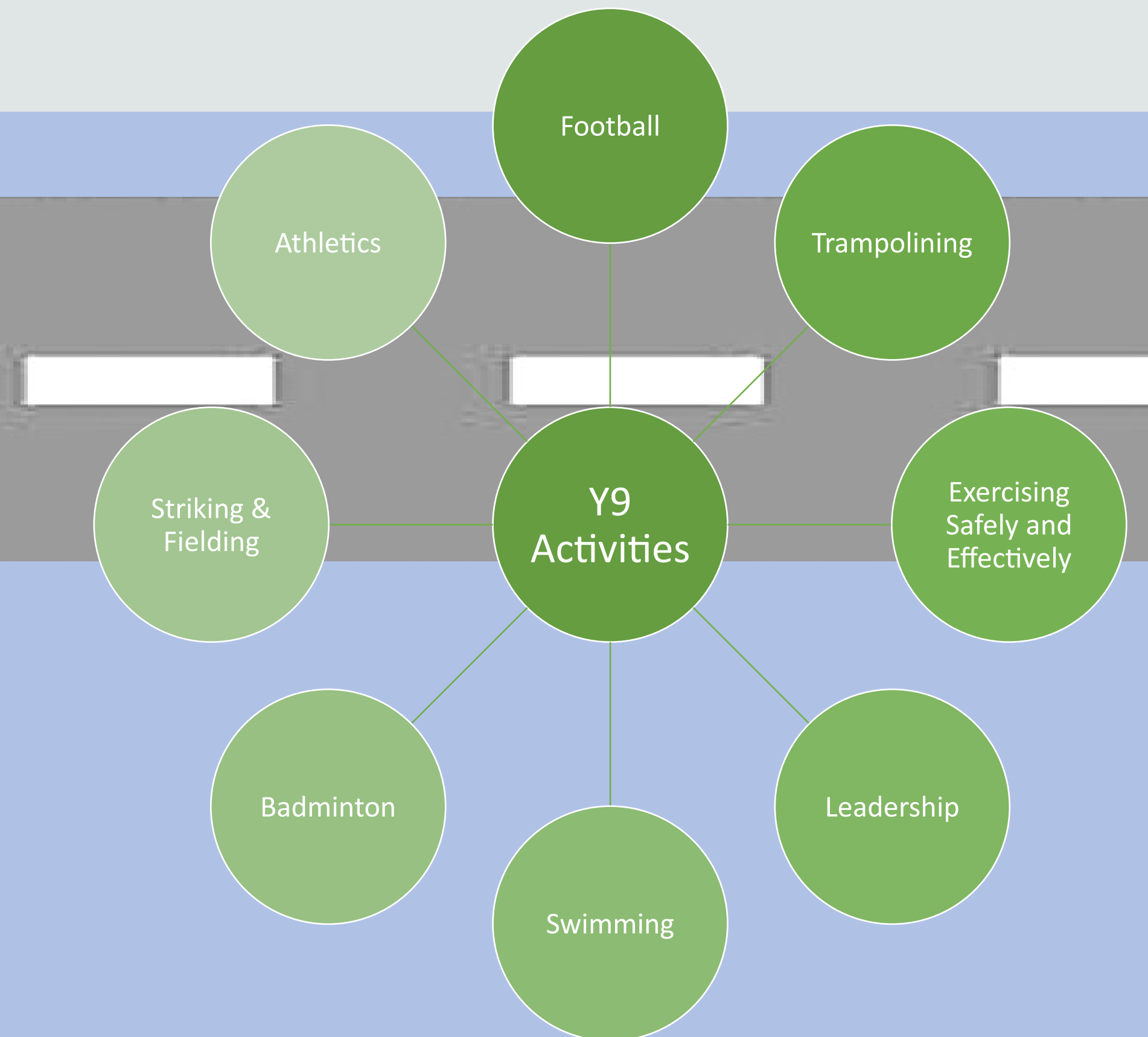


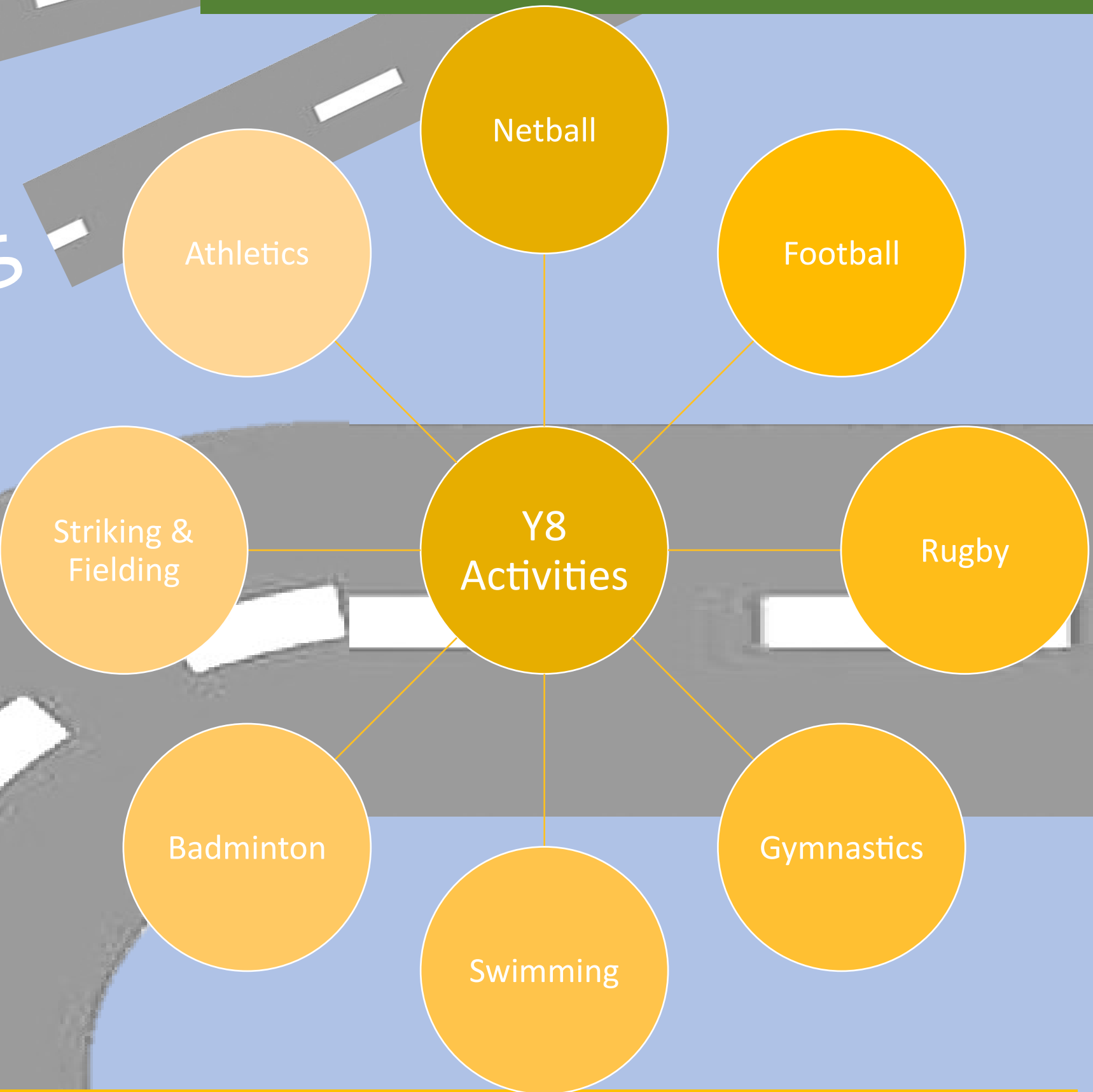
**INTENT: Students should have the confidence to participate in a physical activity they enjoy knowing the benefits of maintaining a healthy active lifestyle.**

LOVE OF PE  
Physically LITERATE  
Life LONG PARTICIPATION  
Rounded citizens

**I can link actions and develop sequences of movements that express my own ideas.**  
**I select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities.**



**I can perform a variety of movements and skills with good body tension.**  
**I can link actions together so that they flow in running, jumping and throwing activities**  
**When performing in different physical activities, they consistently show precision, control and fluency.**



**I cooperate well with others and give helpful feedback.**  
**I help organise roles and responsibilities and I can guide a small group through a task**

**Year 9**

**I show what I know about strategy, tactics and composition to produce effective outcomes when performing.**  
**I modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances.**

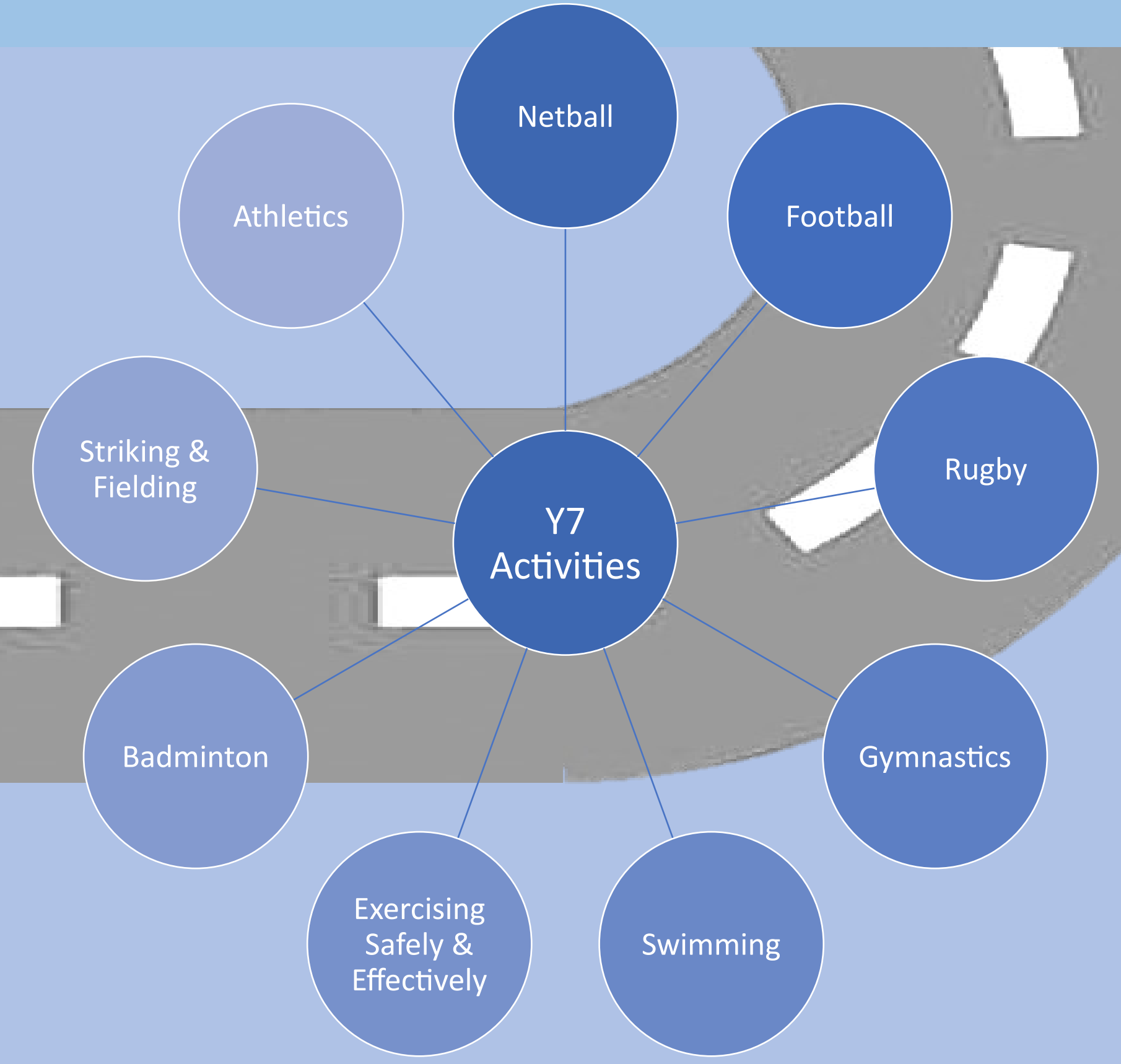
**YEA R8**

**I plan, organise and lead practices and activities safely, helping others' to improve their performance.**  
**I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.**

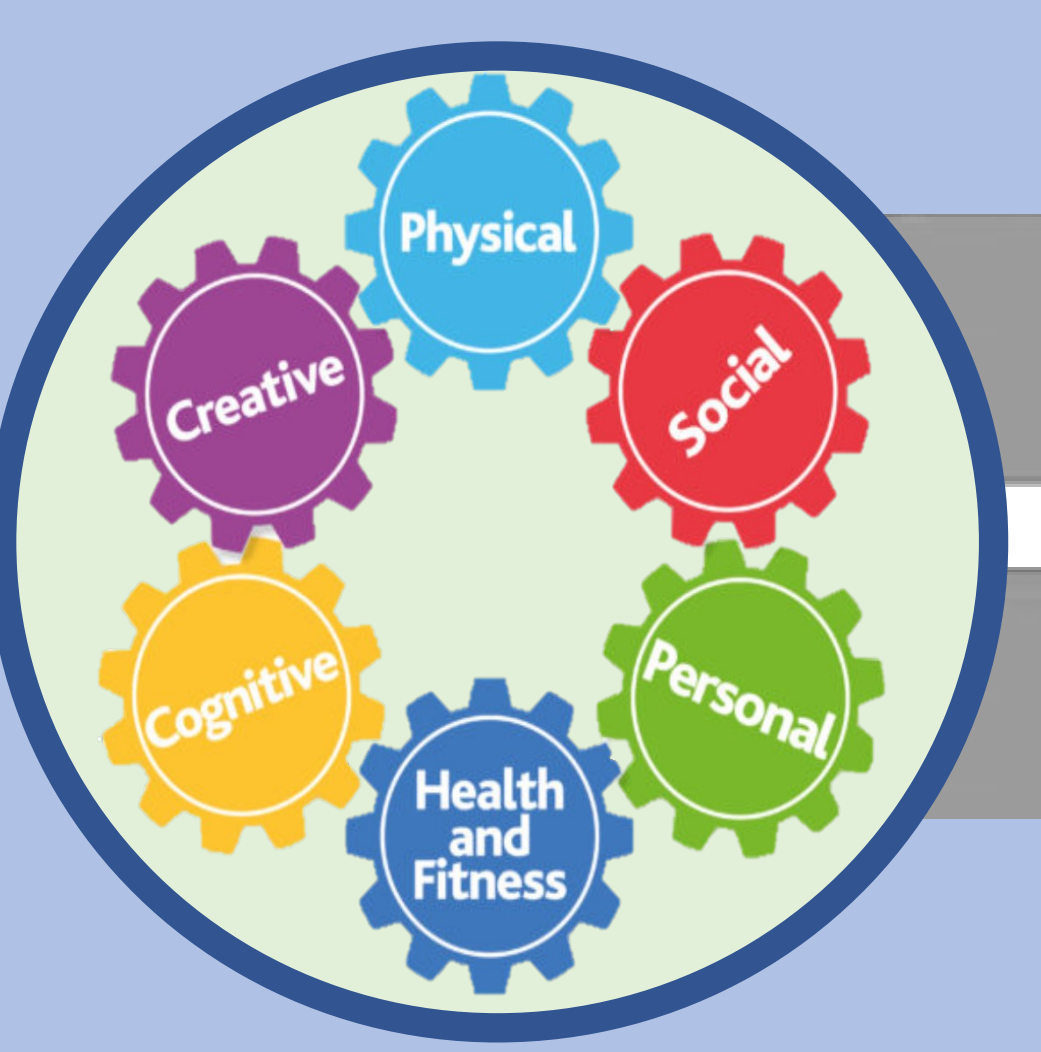
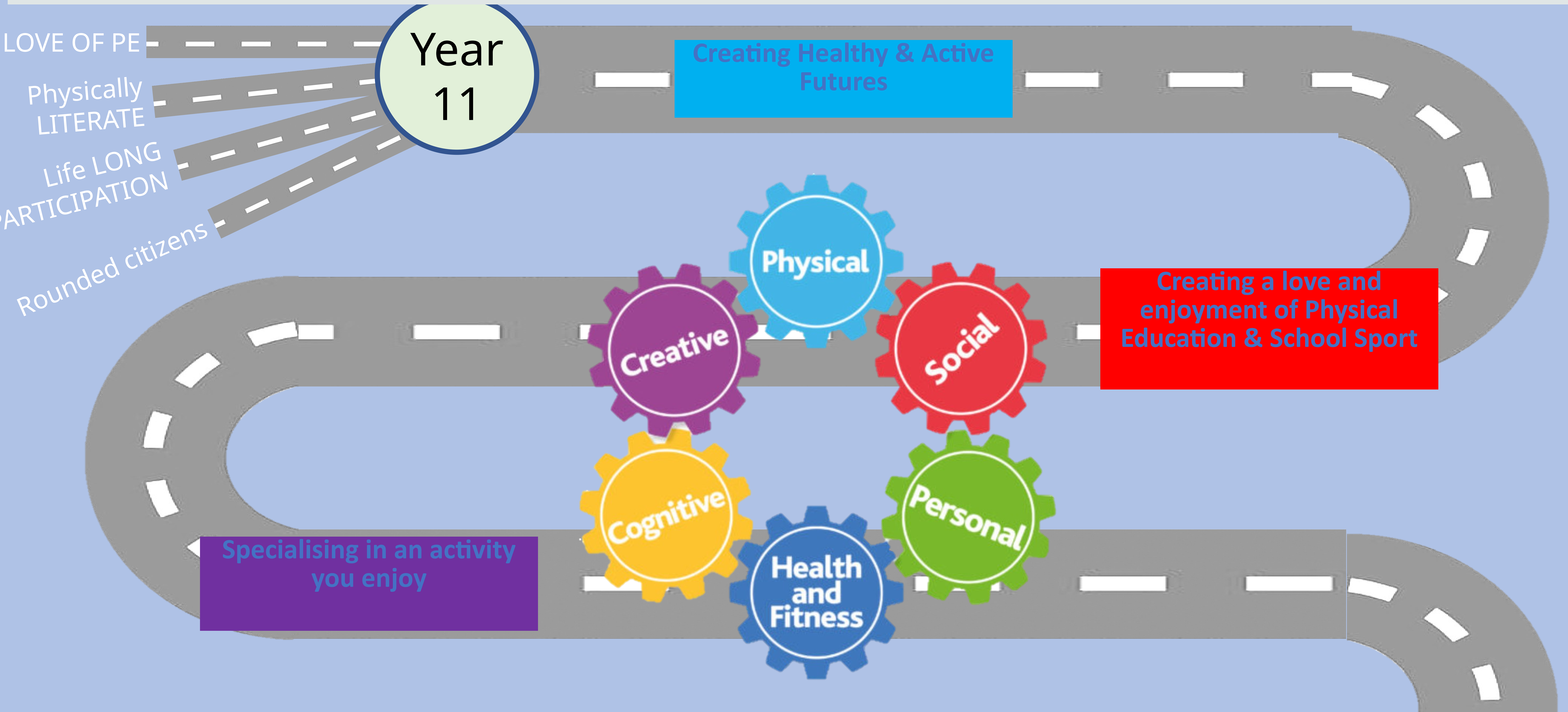


**Year 7**

**I can explain how the body reacts during different types of activity, and why physical activity is an essential component of a healthy lifestyle.**

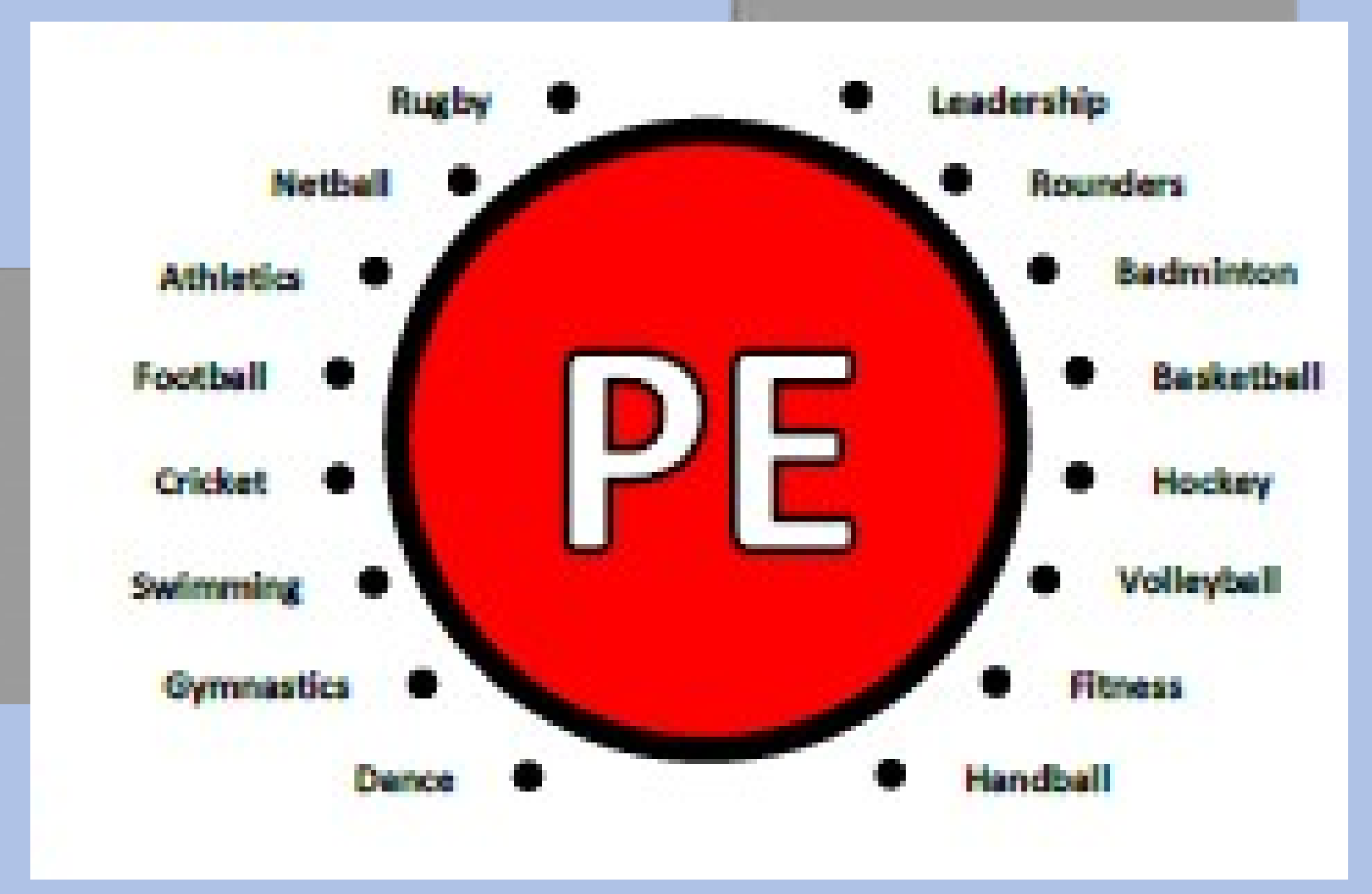


INTENT: Students should have the confidence to participate in a physical activity they enjoy knowing the benefits of maintaining a healthy active lifestyle.



**Year 10**

**Developing skills & Embedding Knowledge**



Creating a love and enjoyment of Physical Education & School Sport