

KNOWLEDGE

Competent learner

Demonstrate effective leadership
Demonstrate improvements to their work
Demonstrate originality, imagination and creativity in techniques, tactics and choreography
Perform and link skills with control and consistency
Perform/complete fundamental sports skills with control

Active & healthy learner:

Clearly understand how personal fitness can improve performance
Demonstrate sustained levels of fitness
Remain active for sustained periods of time

Reflective learner

Consistently improve their work
Describe and comment on their own and others' performance with accuracy of actions
Know what has made their performance effective

Engaged learner

Compete respectfully and fairly following rules
Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes
Effectively communicate and collaborate with each other
Work independently for extended periods of time without the need for guidance

Disciplined Learner

Demonstrate self-discipline in all tasks
Show a positive attitude throughout the lesson
Be kind, respectful and considerate when working with others
Show support for their peers
Take responsibility for their own behaviour

SKILLS

Outdoor Track Events

Running – Refining technique, Qualifying heats & Placing for medals

Long Distance:

-Must pace yourself but still need to run as fast as you can to finish as quickly as possible

Sprint Races:

-Run as fast as you can for the full race, remembering to keep going a little after the finish line to make sure you cross it at your quickest speed

Hurdles:

-Keeping a consistent stride will help in jumping over the hurdles without disrupting your rhythm

Relay Race:

-The changeover is vital to completing this race.
-As runner 1 is approaching runner 2, runner 2 needs to begin to run so the baton is exchanged whilst both runners are on the move. This allows runner 2 to get to top speed quicker

Outdoor Field Events

Throwing – Refining technique, Qualifying heats & Placing for medals

Howler/Javelin:

-A straight or bent arm action can be used.
-Follow through the throw by continuing arm pull and hip rotation

Jumping – Refining technique, Qualifying heats & Placing for medals

Long Jump:

-Usually done in a sand pit, athletes will have a run up before take-off
-Leading foot must not cross the take-off board (line)
-When landing, allow a landing on 1 leg (will appear as a leap) for safety purposes and measure from first contact with the floor.

Indoor Track & Field Events

Running - Refining technique, Qualifying heats & Placing for medals

Lap Running

-Runners start in the middle of 2 reversboards or cones, distanced accordingly.
-Runner will run to first board, to the other end to the 2nd board and return to the middle when 1 lap is counted.

Throwing - Refining technique, Qualifying heats & Placing for medals

Chest Push

-Hold a basketball or heavy ball in both hands against chest
-Push the ball as hard as you can, aiming slightly upwards

Jumping - Refining technique, Qualifying heats & Placing for medals

Vertical Jump

-Jump as high as you can, reaching up to gain extra height

Speed Bounce – how many can you do in 30 seconds?

-2 footed side jumps over a shin high barrier

Standing Triple Jump

-Hop, skip and jump – landing on both feet to finish

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Effective leadership	Take charge demonstrating respect, encouragement and effective communication skills to own team
Improvements to their work	Show noticeable progress in performing actions and decision making
Creativity and imagination	Are inventive with their tactics individually and in a team with mixed success
Skill control and consistency	Increasing control and consistency when sending, receiving and shooting from a static position and on the move
Fundamental Sport Skills	Can apply different skills in different sports with increasing control
Personal fitness	Can relate to strength, flexibility and stamina and discuss how this would improve performance
Demonstrate sustained levels of fitness	Reference managing energy levels accordingly and external factors such as diet, sleep and hydration
Consistently improve	Analyse own performance and provide relevant specific actions to improve their work
Comment on own and others' performance	Provide specific feedback and offer technical guidance to support, when prompted
Know effective performance	Review performance and identify any strengths, commenting on why they were a strength
Compete respectfully and fairly	Maintain respect and fair play when an activity is refereed/umpired by a peer
Sporting attitude	Demonstrate enthusiasm before, during and after each lesson, without external influences such as losing a game
Communicate and collaborate	Actively encourage and motivate all in group/team, despite friendships
Work independently	Keep an activity flowing with a designated referee in place
Self-discipline	Do not allow influences such as loss or conflict affect participation or behaviour
Positive attitude	Keep an open mind to trying different tasks or equipment in lesson
Consideration for others	Demonstrate respect and fair play by shaking hands and congratulating others when on the losing team
Supporting peers	Show understanding and encouragement when someone makes a mistake
Taking responsibility	Can discuss and/or demonstrate accountability if or when behaviour does not meet expectations
Additional key vocabulary	Definition
Refining technique	Removing errors in technique to improve overall performance
Qualifying heats	A contest in which the winner progresses to the final contest
Placing for medals	The first 3 to finish receive a medal – 1st Gold, 2nd Silver, 3rd Bronze
Changeover	Passing the baton to the next runner
Follow through	Continuing an action or movement to aid accuracy and power
Take off board	The point where a long jumper must take off, but not cross the line
Explosive power	Force generated to make your body jump

