

Providence English Private School

Physical Education (Year 7 to Year 9)

Moving Well

789MW.01 Select and apply a range of increasingly complex movement skills and techniques.

789MW.02 Perform, combine and apply a variety of movement skills in complex sequences.

789MW.03 Develop and exhibit movement skills, demonstrating precision, control, fluency and variety in a range of familiar and unfamiliar physical activities.

789MW.04 Move confidently and competently in known and less predictable contexts, showing the ability to navigate the demands of different contexts and roles, and select appropriate skills, knowledge and risk assessment strategies to meet them.

Understanding Movement

789UM.01 Demonstrate knowledge and understanding of a range of activity-specific vocabulary through movement and evaluation processes.

789UM.02 Demonstrate an understanding of actions, dynamics, space and relationships, through movement and evaluation processes.

789UM.03 Create and apply success criteria to own and others' movement performances, and discuss and explain choices of ideas, tactics and strategies, understanding how these processes can maximise success across a range of physical activities.

789UM.04 Demonstrate and explain reasons for choices of rules, tactics, strategies and compositional ideas, applying these concepts within a range of physical activities.

Moving Creatively

789MC.01 Apply existing skills in creative and innovative ways, showing an understanding of what is viable, as well as the ability to cope with unpredictable challenges. Add new and advanced skills as a result of this process.

789MC.02 Develop and use imaginative ideas and a range of responses when completing tasks and responding to challenge in familiar and unfamiliar contexts.

789MC.03 Persevere and share ideas with others, when responding to given and self-created tasks and challenges, working towards creating own solutions and contributing to group solutions.

789MC.04 Experiment with and combine compositional ideas to express themes, moods and emotions, and evaluate their application to different contexts.

Taking Part

789TP.01 Concentrate and stay involved across the full spectrum of physical activities, situations, roles and responsibilities, showing an understanding of self-motivation.

789TP.02 Use knowledge and understanding of team/group work skills to influence others' participation and achievement in physical activities, recognising and appreciating the consequences of not fulfilling individual roles effectively in group or challenge situations.

789TP.03 Demonstrate and apply a range of leadership and teamwork skills when working collaboratively towards goals and/or objectives.

789TP.04 Play an active and responsible part in group decisions and activities, leading and following agreed practices and procedures.

789TP.05 Evaluate own and others' movement capabilities to improve individual/group performances in a range of situations and contexts, sharing solutions with other group members in order to achieve a common objective.

789TP.06 Work with others and plan how all individuals can participate fully in given and self-created movement tasks and challenges. Evaluate the social skills employed.

Taking Responsibility

789TR.01 Demonstrate and evaluate effective and safe interaction with individuals and groups when sharing space, equipment, roles and responsibilities in physical activities.

789TR.02 Plan for a range of shared physical activity contexts, support others in making progress and realising their objectives, and respect the contributions of officials and others who assist movement participation and performance.

789TR.03 Apply knowledge, skills and understanding of behaviours that reflect fair play to different physical activity contexts. Demonstrate and articulate instances of fairness and unfairness during collaborative/competitive physical activities.

789TR.04 Evaluate own and others' help-seeking strategies when trying to overcome problems and challenges in a range of group physical activities.

789TR.05 Evaluate own and others' feedback processes in a broad range of physical activities. Compare and contrast own with others' endeavour to improve movement performance following feedback.

Healthy Bodies

789HB.01 Explain the effects of different types of physical activity on health and plan how physical activity can be implemented to promote a healthy, active lifestyle at different stages of life.

789HB.02 Locate and name the major muscles, bones and joints. Explain the components of fitness, outline basic field-tests for assessing and monitoring these, and understand the validity and reliability of different fitness testing methods.

789HB.03 Lead and engage in physical activities at different levels of intensity.

789HB.04 Understand the difference between risk avoidance and risk management, and when they should be used. Discuss and plan strategies for physical activities in different contexts and how to reduce the risk and severity of injury in physical activities.

789HB.05 Understand the physiological and psychological reasons for a warm up and cool down. Create and lead appropriate warm ups and cool downs for specific physical activities.

789HB.06 Discuss how contextual factors influence food choices and eating habits. Review dietary patterns and energy needs of young people.