

Fit 4 Life

Physical Education at Tomlinscote School



Year 7 Flight Path Criteria

Area of Focus	Yellow	Pink	Blue
Performance AoF 1 and 2	Skills Demonstrates fundamental skills with control in isolated practices	Skills Demonstrates fundamental skills with control in opposed practices/when under pressure	Skills Demonstrates key skills with accuracy in opposed practices/when under pressure
	Strategies Demonstrates fundamental strategies or tactics with control in isolated practices	Strategies Demonstrates fundamental strategies with control in opposed practices/when under pressure	Strategies Demonstrates key strategies with accuracy in opposed practices/when under pressure
	Analysis of Performance Identify a strength and/or weakness in a performance	Analysis of Performance Identify at least one strength and one weakness in a performance	Analysis of Performance Explain one strength and one weakness in a performance and suggest one way to improve the performance
Physical AoF 3	Fitness Demonstrates endurance, coordination and agility for a short period of exercise	Fitness Demonstrates endurance, coordination and agility for a period of exercise	Fitness Demonstrates physical effort during a period of exercise by using endurance, coordination and agility
	Endeavour Makes a contribution to a physical performance	Endeavour Makes a sustained contribution to a physical performance	Endeavour Makes a sustained contribution to a competitive performance
	Resilience Focuses on overcoming a physical challenge	Resilience Focuses on overcoming several physical challenges	Resilience Demonstrates determination by overcoming a physical challenge
Social AoF 4	Leadership Collaborates with a partner by showing empathy and respect during a physical activity	Leadership Manages a small group (2-4 people) by using effective communication skills	Leadership Manages a group (4-6 people) by using effective communication skills
	Teamwork Demonstrates respect to teammates, opponents and officials during physical activities	Teamwork Demonstrates respect and cooperation to teammates, opponents and officials	Teamwork Cooperates with teammates and respects opponents/officials, to help overcome challenge
	Sportsmanship Demonstrates honesty by abiding by the rules of the sport or activity	Sportsmanship Demonstrates honesty by abiding by the rules of the sport or activity during a competitive performance	Sportsmanship Demonstrates fair play by abiding by the rules of the sport and showing respect to opponents/officials
Sport Science AoF 5	Anatomy Knows the role of the cardiovascular system and can measure their heart rate	Anatomy Explains the role of the cardiovascular system and can measure their heart rate	Anatomy Measures their heart rate accurately and can explain why it changes after completing a period of exercise
	Training Knows the stages of a warm-up/cool down and can take part in an exercise session safely	Training Explains how the stages of a warm-up/cool down help you to exercise safely and can lead a warm-up	Training Explains how the stages of a warm-up/cool down help you to exercise safely and can lead a warm-up and cool down
	Health Knows the 3 categories of health	Health Knows the 3 categories of health and can identify one example for each	Health Explains how physical activity can benefit your physical, social and mental health