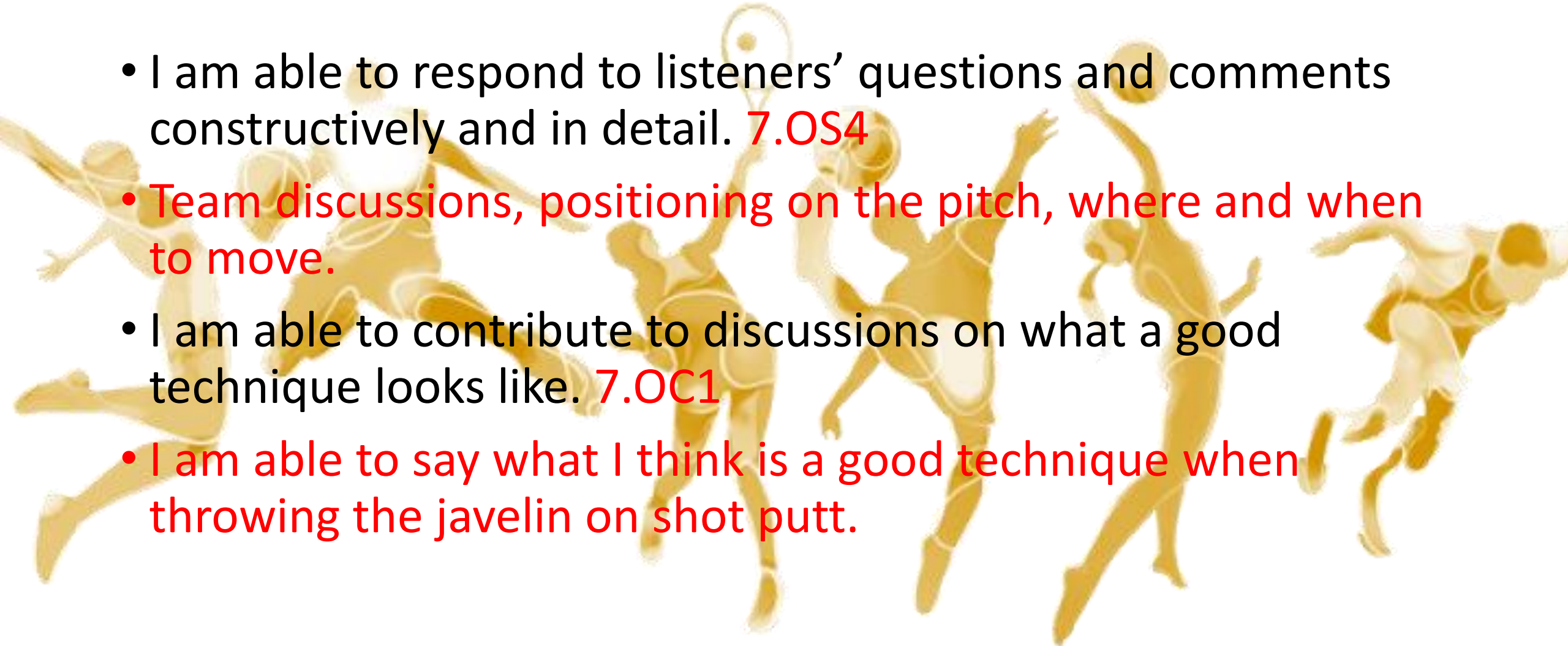




**Physical Education
Key Skills
KS3**

Year 7 Skills Literacy

- I am able to respond to listeners' questions and comments constructively and in detail. 7.OS4
- Team discussions, positioning on the pitch, where and when to move.
- I am able to contribute to discussions on what a good technique looks like. 7.OC1
- I am able to say what I think is a good technique when throwing the javelin on shot putt.



Year 7 skills Numeracy

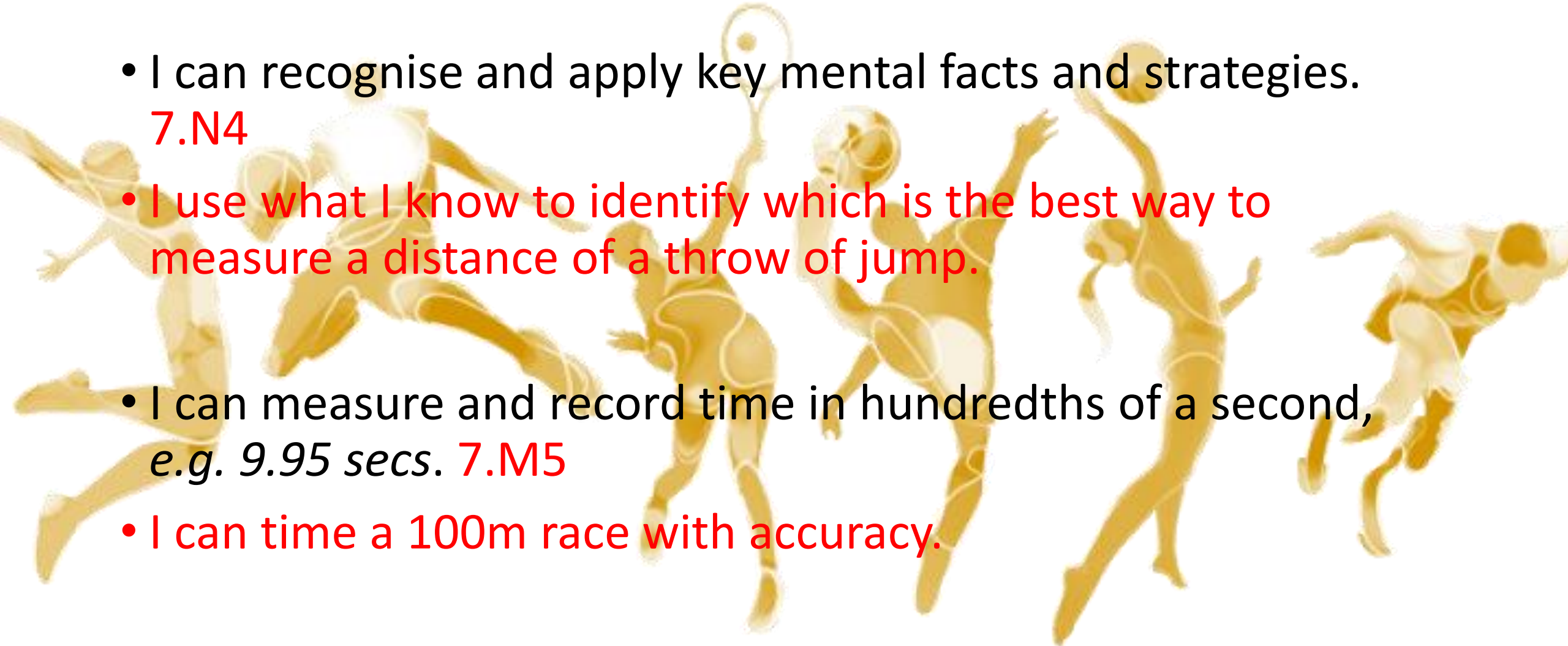
- I can recognise and apply key mental facts and strategies.

7.N4

- I use what I know to identify which is the best way to measure a distance of a throw or jump.

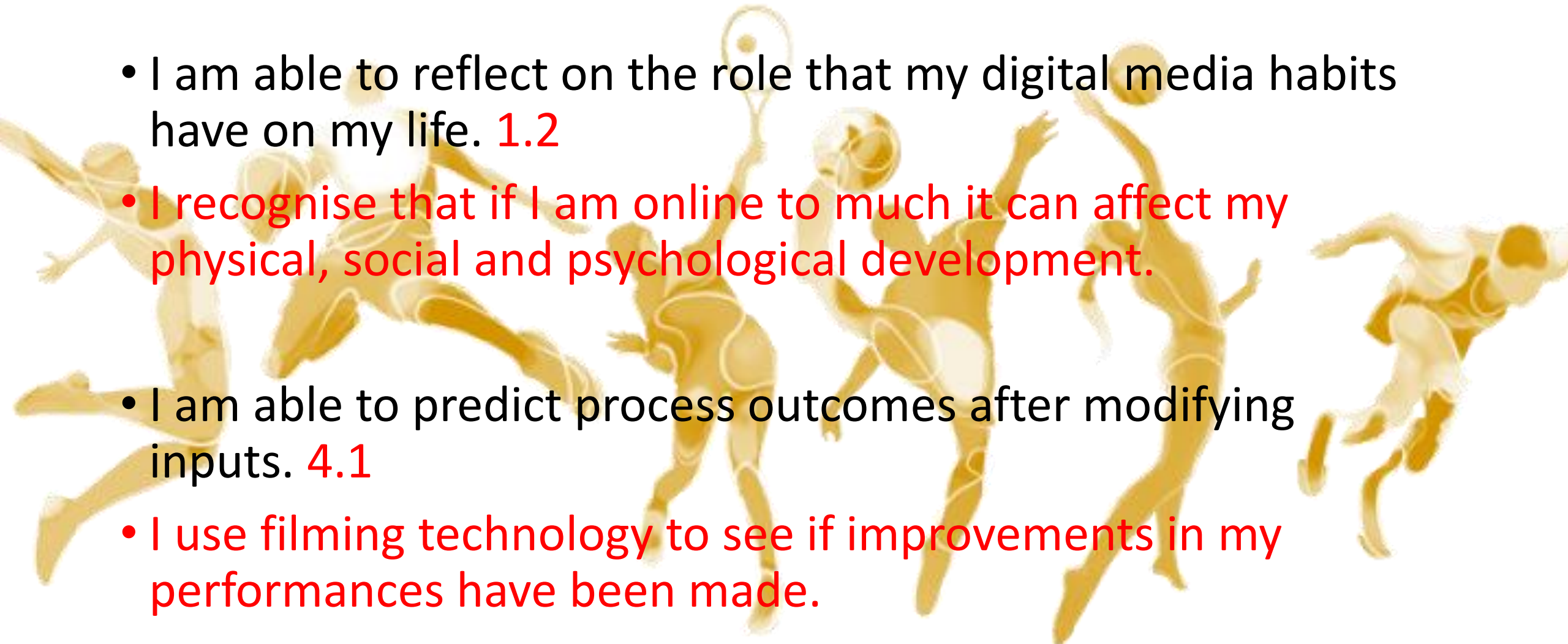
- I can measure and record time in hundredths of a second, *e.g. 9.95 secs.* 7.M5

- I can time a 100m race with accuracy.



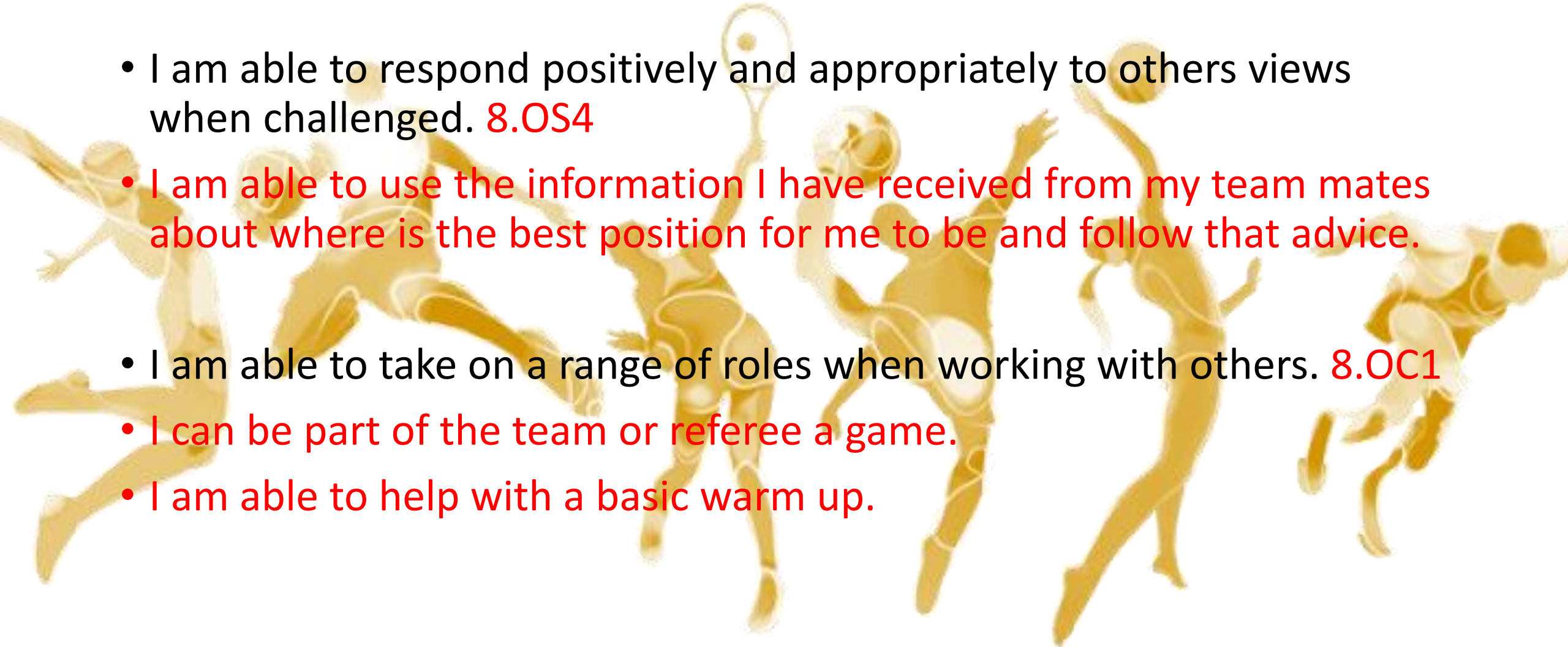
Year 7 Skills Digital Competency

- I am able to reflect on the role that my digital media habits have on my life. 1.2
- I recognise that if I am online to much it can affect my physical, social and psychological development.
- I am able to predict process outcomes after modifying inputs. 4.1
- I use filming technology to see if improvements in my performances have been made.



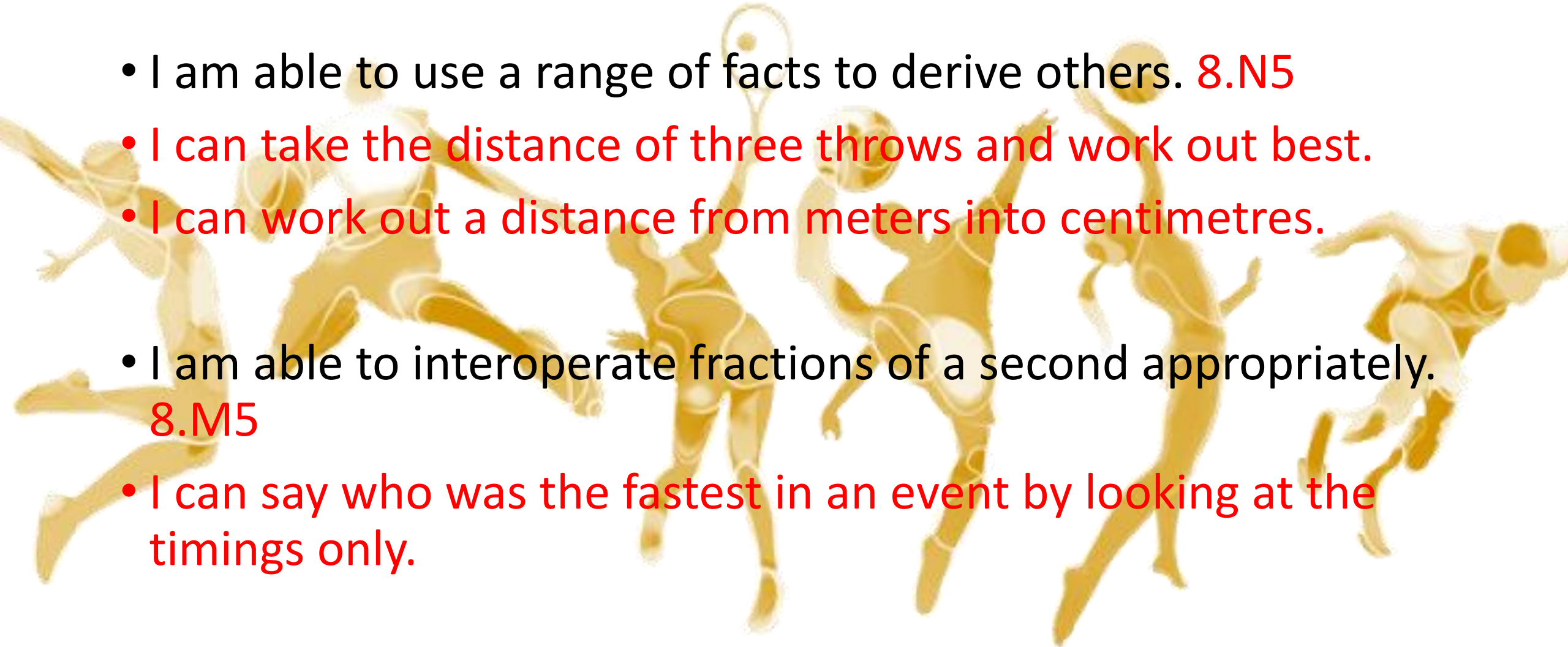
Year 8 Skills Literacy

- I am able to respond positively and appropriately to others views when challenged. **8.OS4**
- I am able to use the information I have received from my team mates about where is the best position for me to be and follow that advice.
- I am able to take on a range of roles when working with others. **8.OC1**
- I can be part of the team or referee a game.
- I am able to help with a basic warm up.



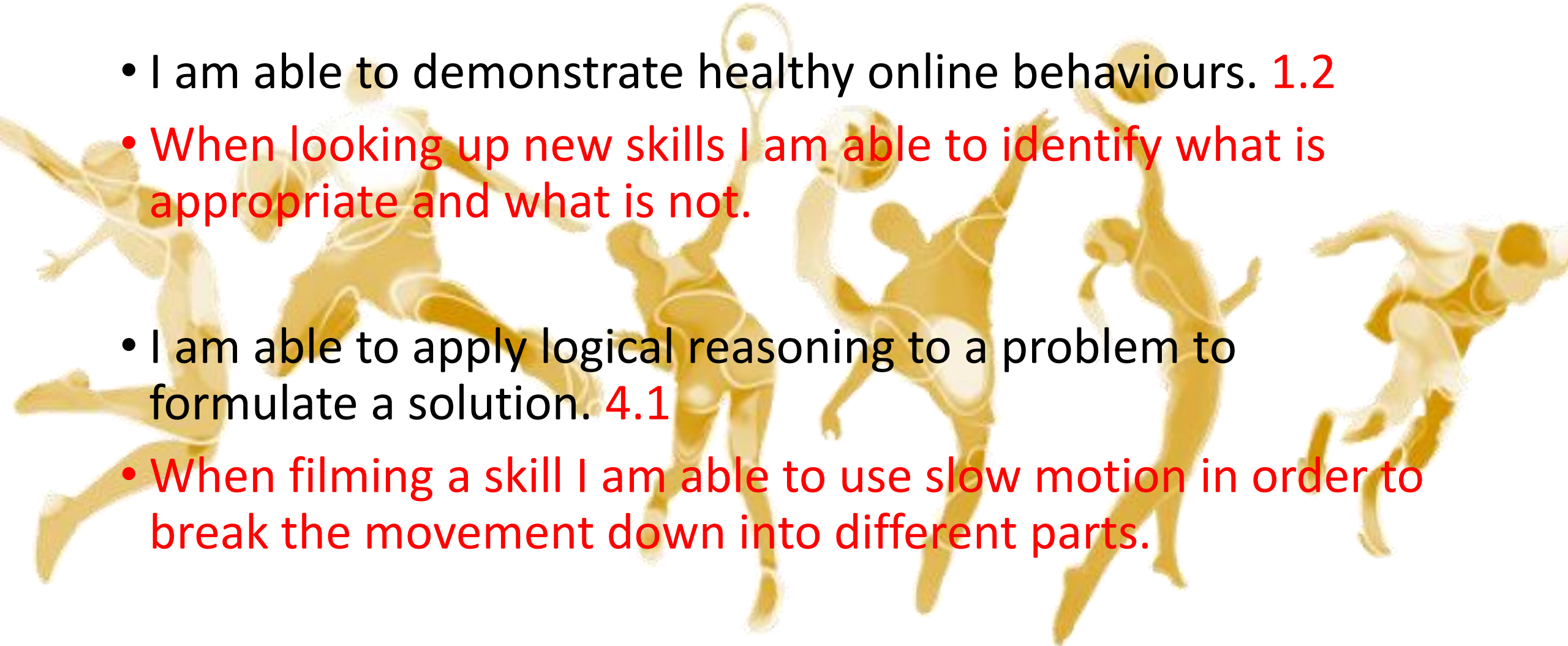
Year 8 skills Numeracy

- I am able to use a range of facts to derive others. **8.N5**
- I can take the distance of three throws and work out best.
- I can work out a distance from meters into centimetres.
- I am able to interoperate fractions of a second appropriately. **8.M5**
- I can say who was the fastest in an event by looking at the timings only.



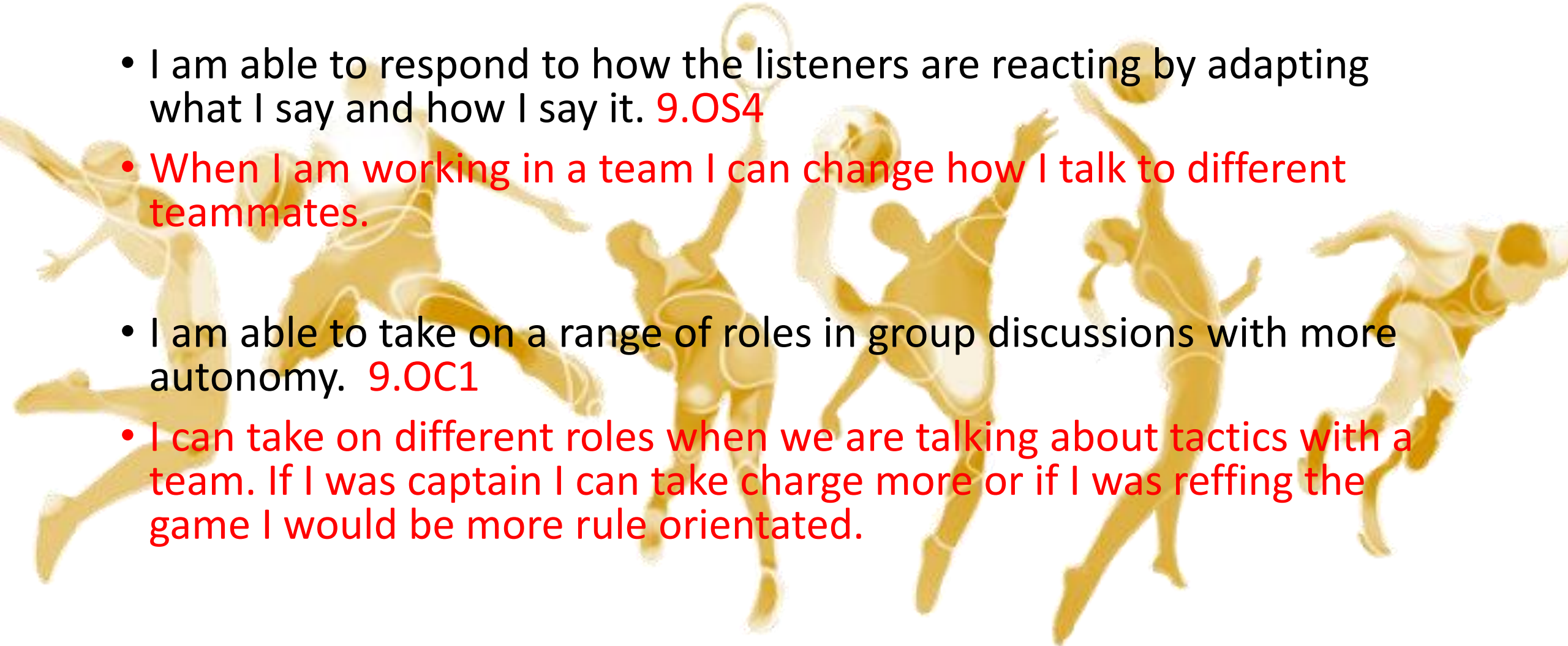
Year 8 Skills Digital Competency

- I am able to demonstrate healthy online behaviours. **1.2**
- When looking up new skills I am able to identify what is appropriate and what is not.
- I am able to apply logical reasoning to a problem to formulate a solution. **4.1**
- When filming a skill I am able to use slow motion in order to break the movement down into different parts.



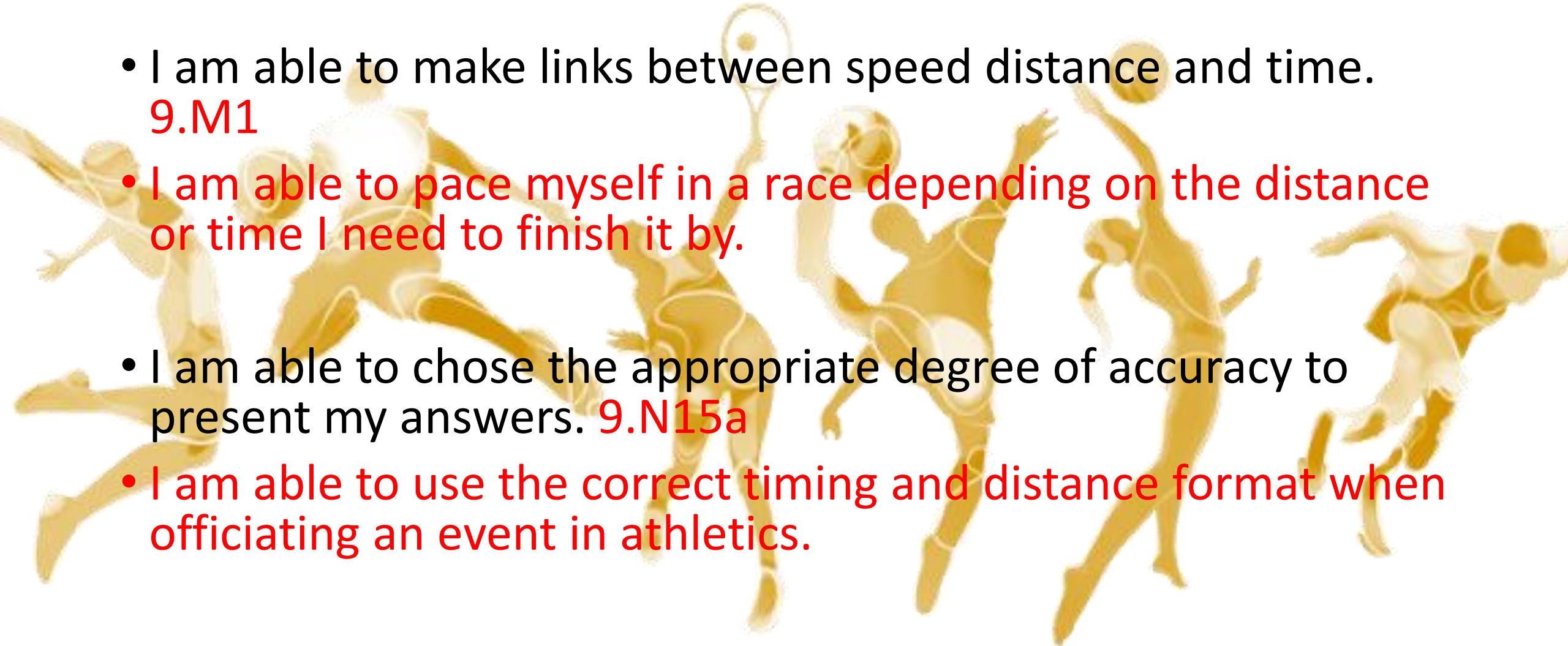
Year 9 Skills Literacy

- I am able to respond to how the listeners are reacting by adapting what I say and how I say it. **9.OS4**
- **When I am working in a team I can change how I talk to different teammates.**
- I am able to take on a range of roles in group discussions with more autonomy. **9.OC1**
- **I can take on different roles when we are talking about tactics with a team. If I was captain I can take charge more or if I was reffing the game I would be more rule orientated.**



Year 9 skills Numeracy

- I am able to make links between speed distance and time.
9.M1
- I am able to pace myself in a race depending on the distance or time I need to finish it by.
- I am able to chose the appropriate degree of accuracy to present my answers. 9.N15a
- I am able to use the correct timing and distance format when officiating an event in athletics.



Year 9 Skills Digital Competency

- I am able to identify stereotypes and their impact in a range media forms. 1.2
- When I look at different athletes in different sporting environments I can see what is typical within different sports through different media coverage. I know what is 'expected' and that is not always reality.
- I am able to follow and develop logical solutions. 4.1
- I am able to select which program/app on the iPad is the most suitable to help improve a skill or element of fitness.

