



## Key Stage 3 Curriculum Progress Map: Year 7 PE

Topic Titles	ASSESSMENT CRITERIA			
Objectives (the things we want pupils to make progress in)	STAGE 4	STAGE 3	STAGE 2	STAGE 1
<b>BADMINTON</b>	<ul style="list-style-type: none"> <li>Application and use of each shot appropriately in a game.</li> <li>The serve is appropriately selected and delivered.</li> <li>Game play is effective but need to vary angles of the shuttle to manipulate and use the space on the court.</li> <li>Can play a half-court singles game and is winning most games.</li> <li>Can umpire and score a half-court game of singles.</li> </ul>	<ul style="list-style-type: none"> <li>Can attempt a drop shot, but sometimes this goes too high.</li> <li>Can attempt a net shot, but sometimes lacks accuracy.</li> <li>Can understand but cannot always execute each shot.</li> <li>Can receive the serve using the correct ready position.</li> <li>Can switch between the three serves but not always accurate.</li> <li>Can umpire and score a half-court game of singles.</li> </ul>	<ul style="list-style-type: none"> <li>Can perform a flick serve using the correct technique.</li> <li>Can attempt a short serve and can angle to the corners.</li> <li>Can attempt the long serve but struggle to gain adequate distance.</li> <li>Can perform the overhead clear but this also lacks distance.</li> <li>Can perform the underarm clear but this lacks distance.</li> <li>Can maintain a rally in closed situations, but sometimes misjudge the shuttlecock.</li> </ul>	<ul style="list-style-type: none"> <li>Can hold the racquet correctly.</li> <li>Can demonstrate the "ready position" in closed situations.</li> <li>Can make contact with the shuttle but sometimes lack direction and control.</li> <li>Can hit the shuttle over the net and start to begin a rally.</li> <li>Can start to execute an overhead shot.</li> </ul>
<b>FOOTBALL</b>	<ul style="list-style-type: none"> <li>Control a variety of passes with either strong or weak foot in a game situation.</li> <li>Complete a pass over varying distances with strong foot under pressure.</li> <li>Dribble the ball away from defenders using change of direction or creative skill into space.</li> <li>Moves into space once passed the ball and wants it back, moves ball out wide to create room in the middle of the pitch.</li> <li>Understand and demonstrate teamwork in defending, showing shape and anticipation to tackle.</li> <li>Strong influence on the game leads the team demonstrating range of above skills.</li> </ul>	<ul style="list-style-type: none"> <li>Control a simple/short pass with either strong or weak foot under some pressure.</li> <li>Complete a simple/short pass with either foot under some pressure, finds its target, passes over longer distances with some success but the ball can miss its target.</li> <li>Dribble the ball around a defender using a change of direction in a large space.</li> <li>Move into space to create room to receive a pass away from the defender.</li> <li>Able to work as part of a team to defend and tackle an opponent in practice and a game situation.</li> <li>Apply above skills in a game situation with some influence on the game, demonstrating the importance of pass and move.</li> </ul>	<ul style="list-style-type: none"> <li>Control a simple/short pass with any part of foot cushioning the ball in front of the body.</li> <li>Complete a simple/short pass with various parts of their strong foot.</li> <li>Dribble the ball at a jogging pace keeping the ball close to your body.</li> <li>Move into space to receive a pass, not always giving their teammate the right option.</li> <li>Able to jockey the ball when defending and tackle with some success.</li> <li>Understand basic tactics of a game and apply some shape to their team play. Accurately passes the ball over a short distance but struggles when faced with a defender and pressure.</li> </ul>	<ul style="list-style-type: none"> <li>Control a simple/short pass with the instep of their foot.</li> <li>Complete a simple/short pass with instep of their foot under no pressure.</li> <li>Dribble the ball at walking pace keeping the ball in front of you under no pressure.</li> <li>Understand why we need to move in football.</li> <li>Run after the ball with no defensive idea.</li> <li>Understand basic tactics of a game but struggle to apply or influence the game.</li> </ul>
<b>HOCKEY</b>	<ul style="list-style-type: none"> <li>Successfully track players and consistently gain possession using the block tackle.</li> <li>Support other players and create space to maintain team possession in a 6 v 6 game.</li> <li>Move efficiently with the ball using the open stick, reverse stick and Indian dribble to maintain possession in a 6 v 6 game.</li> <li>Accurately pass using the open stick.</li> </ul>	<ul style="list-style-type: none"> <li>Regularly gains possession (block tackle) 6 v 6 game.</li> <li>Can judge the power and pace of the ball to reposition and receive the ball.</li> <li>Can execute the Indian dribble and use the reverse stick in a conditioned practice.</li> <li>Is involved in the planning and refining the penalty corners.</li> <li>Applies the free hit, long corner and penalty corner appropriately.</li> </ul>	<ul style="list-style-type: none"> <li>Understands the skills needed to play each positional role in a 6 v 6 game and tries to stay in position.</li> <li>Can pass with greater power and accuracy over longer distances using the push pass.</li> <li>Understands the reasons for why a free hit, long corner, and penalty corner are awarded.</li> </ul>	<ul style="list-style-type: none"> <li>Can dribble using the open stick.</li> <li>Can send and receive a push pass over a short distance.</li> <li>Can attempt a block tackle but need to apply more upper body strength to regularly gain possession.</li> <li>Is aware of the basic 6 v 6 positions in a small-sided game (SSG).</li> <li>Use the reverse stick within a practice.</li> </ul>
<b>NETBALL</b>	<ul style="list-style-type: none"> <li>Be able to perform two types of dodges in a game to outwit an opponent.</li> <li>Passes should be performed with control and precision.</li> <li>Be able to land correctly whilst turning in the air in a practice.</li> <li>Be able to man-to-man mark, track a player and perform an interception during a game.</li> <li>To be able to read the passage of play and perform an interception whilst marking.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to select the correct pass with accuracy in a game.</li> <li>To be able to consistently land correctly.</li> <li>Be able to man-to-man mark and track a player and perform an interception during a game.</li> <li>To know where each position is allowed to go.</li> </ul>	<ul style="list-style-type: none"> <li>Perform four passes with some control and accuracy.</li> <li>Correct footwork in a practice, including pivoting.</li> <li>To be able to perform two types of dodges in a practice.</li> <li>To understand the principle of being able to create space and move into space.</li> <li>To know how to man-to-man mark and track a player.</li> <li>Able to shoot and score in a practice.</li> <li>To know the seven positions.</li> </ul>	<ul style="list-style-type: none"> <li>To know the four types of passes.</li> <li>Perform all four types of passes.</li> <li>Be able to land correctly in a stationary position.</li> <li>To understand how to get free from a defender.</li> <li>To understand the correct technique needed to shoot.</li> <li>To be able to track a player in a small sided game.</li> <li>Give a clear signal and receive the ball in a game.</li> </ul>
<b>ROUNDERS</b>	<ul style="list-style-type: none"> <li>Attempt to catch a ball coming to me in a game.</li> <li>Understand the nine fielding positions.</li> <li>Accurately throw overarm from the inner field.</li> <li>Adjust the fielding positions (left hand batters).</li> <li>Can backing up other players in game situations.</li> <li>Understand and apply backwards hit rules.</li> </ul>	<ul style="list-style-type: none"> <li>Bowl in a game and know reasons for a no ball.</li> <li>Can play in two different positions.</li> <li>Can catch the ball over a medium distance.</li> <li>Consistently makes contact with the ball when batting.</li> <li>Know the technique and can perform the long barrier.</li> </ul>	<ul style="list-style-type: none"> <li>I understand four different fielding positions.</li> <li>Catch the ball successfully in short distance practices.</li> <li>Accurately throw a short under and overarm throw.</li> <li>Attempt to hit the ball but sometimes struggle to make contact.</li> <li>Retrieve ball quickly but uncertain which base to return it to.</li> <li>Know the reasons for players being out.</li> </ul>	<ul style="list-style-type: none"> <li>Attempt to catch a ball and know the correct technique.</li> <li>Bowl to a partner using the correct technique over short distance.</li> <li>Understand technique for under and overarm throw.</li> <li>Successfully hit the ball with a plastic bat in a SSG.</li> <li>Know why rounders are awarded.</li> </ul>
<b>RUGBY</b>	<ul style="list-style-type: none"> <li><b>Handling:</b> Change pace and direction (side step) when running with the ball.</li> <li><b>Passing and receiving:</b> Be creative with phases of passing, i.e.: switch and scissors.</li> <li><b>Tackling:</b> Execute the rear tackle technique safely on an opponent.</li> <li><b>Kicking:</b> Execute the grubber kick in a practice situation.</li> <li><b>Full context:</b> Select and apply these skills successfully within a SSG.</li> </ul>	<ul style="list-style-type: none"> <li><b>Handling:</b> Hold the ball securely under one arm when running at speed into space. Alternate between the three different grips when appropriate.</li> <li><b>Passing and receiving:</b> Perform a short and long pass accurately whilst moving forward.</li> <li><b>Tackling:</b> Execute the 'front' and 'side' tackle technique safely on an opponent.</li> <li><b>Retaining possession:</b> Support the ball carrier when they are in possession of the ball.</li> <li><b>Full context:</b> Apply these skills with limited success within a SSG.</li> <li>Skills are performed, but there are obvious areas of weaknesses.</li> </ul>	<ul style="list-style-type: none"> <li><b>Handling:</b> Hold the ball out in front when running with the ball, in order to pass quickly to a teammate.</li> <li><b>Passing and receiving:</b> Perform a short pass accurately whilst moving forward.</li> <li><b>Tackling:</b> Execute the 'front' tackle technique safely on an opponent in a practice situation.</li> <li><b>Retaining possession:</b> Run forward with the ball, take a tackle and retain possession.</li> </ul>	<ul style="list-style-type: none"> <li><b>Handling:</b> Hold the ball with a firm grip and fingers spread. Protect the ball when being tackled.</li> <li><b>Passing and receiving:</b> Perform a short pass accurately whilst stood still. Successfully catch the ball whilst stood still.</li> <li><b>Tackling:</b> Demonstrate the 'smoother' tackle technique on the tackle bag.</li> </ul>
<b>TRAMPOLINING</b>	Can Perform: <ul style="list-style-type: none"> <li>Front drop</li> <li>Seat drop to front drop <b>OR</b> front drop to seat drop</li> <li>Half twist to front drop</li> <li>An 8 bounce routine including Stage 1-4 moves</li> </ul>	Can perform: <ul style="list-style-type: none"> <li>Half twist to seat drop</li> <li>Half twist to seat drop half twist to feet</li> <li>Full twist</li> <li>Swivel hips</li> <li>An 8 bounce routine including Stage 1-3 moves</li> </ul>	Can perform: <ul style="list-style-type: none"> <li>Pike jump</li> <li>Straddle jump</li> <li>Seat drop half twist to feet</li> <li>6 bounce routine including Stage 1-2 moves</li> </ul>	Can perform: <ul style="list-style-type: none"> <li>Straight jump staying on the cross with straight arms and legs</li> <li>A stop at the end of a routine</li> <li>A tuck jump</li> <li>A seat drop</li> <li>Half twist</li> <li>A 5 bounce routine</li> </ul>