**PE Department INTENT statements**

**Year 7 end points:**

Students will:

* develop and acquire knowledge and performance of basic skills, techniques and tactics in the following isolated situations: racquet, striking and fielding, invasion games and athletics.

* develop and acquire basic tactics to outwit an opponent within a variety of sporting activities.

* identify strengths and weaknesses in self and peer performances.

* Develop and acquire knowledge of basic rules in a range of sports and understand the different roles of officiating.

* describe the importance of warm-ups and cool downs.

* recognise the major bones and muscles in the body and link to practical actions.

* take part in a range of activities which develops communication, cooperation and problem-solving skills to enable effective teamwork.

* understand the benefits of leading a fit and healthy active lifestyle.

* further enhance skill development through attending extracurricular sessions.

**Year 8 end points:**

Students will:

* Combine basic skills and develop knowledge and performance of advanced skills, techniques and tactics in complex skill practices in the following: racquet, striking and fielding, invasion games and athletics.

* explain tactical strategies and be able to implement these within game situations.

* understand what makes a performance effective and how to apply these principles to their own and other’s work

* apply rules with competence in a range of sports.

* demonstrate knowledge of the body systems to be able to explain the components of a warm-up and cool down.

* explain the effects of exercise on the muscular and skeletal system.

* take part in outdoor and adventurous activities which encourages understanding of navigation and problem-solving skills.

* summarise the benefits of leading a healthy active lifestyle through exercise and diet

* further enhance skill development through attending extracurricular sessions.

**Year 9 end points:**

Students will:

* Select, apply and refine advanced skills, techniques and tactics in competitive situations: racquet, striking and fielding, invasion games, athletics and health related exercise activities.

* analyse decision making in competitive sports, reviewing both opponents’ strategies and tactical situations.

* analyse strengths and weaknesses in self and peer performance situations and suggest practices to improve areas of development.

* interpret and apply rules and regulations for a range of sports and describe the roles of different types of officials.

* implement knowledge of body systems to be able to create and lead sports related warm- ups and cool downs.

* explain the effects of exercise on the cardiovascular system and develop knowledge of muscular and skeletal systems related to sporting activities.

* explain the benefits of leading a healthy active lifestyle through exercise and diet and identify ways of encouraging lifelong participation in physical activities.

* further enhance skill development through attending extracurricular sessions