**Year 7**

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| **Subject** | **PHYSICAL EDUCATION and OUTDOOR EDUCATION** |
| **Title** | **Invasion games and Fitness** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **AUTUNM** |
|  | I can **describe** and DEMONSTRATE skills |
| **KPI 1** | I can describe how skills are used in practice/game situations |
|  | I can identify STRENGTHS of my own performance |
|  | I can **describe** and DEMONSTRATE components of fitness |
|  | I can describe how CoF contribute to a healthy lifestyle |
|  | I know how to warm up/cool down correctly and why it’s important? |
| **Title** | **Gymnastics, Net Games and Leadership** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SPRING** |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in practice and event situations |
| **KPI 2** | I can identify STRENGTHS of my own performance |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in practice/game situations |
|  | I can identify STRENGTHS of my own performance |
|  | I can **describe** and start to use LEADERSHIP skills |
|  | I can describe how leadership skills are used in different situations |
|  | I can identify STRENGTHS of my own leadership attributes |
| **Title** | **Athletics, Striking & Fielding and Alternative activities** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SUMMER** |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in practice and event situations |
| **KPI 3** | I can identify STRENGTHS of my own performance |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in practice/game situations |
|  | I can identify STRENGTHS of my own performance |
|  | I can **describe** and DEMONSTRATE skills |
|  | I can describe how skills are used in practice/game situations |
|  | I can identify STRENGTHS of my own performance |