

# Year 7 PE

## Autumn 2 Level Ladder

All students are expected to master at least the Level 4 content by the end of the half term.

Check Arbor or ask your child what their current working and target level is in PE

Topic: Football

**EG:**

4A - mastered all of the Level 4 content

4B - mastered some of the Level 4 content

4C - mastered all of the Level 4 content and beginning to master some Level 5 content

Throughout the course of Year 7, students will study 10 different modules (or sports).

| Criteria | Level 3 | Level 4 | Level 5 | Level 6 |
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|-----------------------------|--|---|--|---|
| <b>Passing</b>              | I can pass the ball using the inside of my foot. Sometimes the ball goes in the direction I want it to go. I can describe the correct technique and start to use it effectively. | I can use the inside of my foot to pass, usually with accuracy. I have a good understanding of the correct technique and I can use this consistently in a practice situation.   | I can use both feet to pass in a practice situation. I can execute both a short pass and long pass with good accuracy most of the time. I can use the pass effectively in a competitive situation.                                       | I can execute a short and long pass with accuracy and consistency. I can make effective passes during a competitive scenario which create opportunities to score goals. I can use both feet consistently in a competitive scenario.   |
| <b>Ball Control</b>         | I can sometimes control the ball in a practice scenario and stop it by my feet.  | I can usually control the ball with both feet in a practice scenario. Starting to be able to control the ball with other areas of the body. I can dribble the ball keeping it close in a practice.  | I can usually control the ball with consistency in a competitive scenario with different parts of the body. I can dribble the ball with consistency in a practice situation.   | I can consistently keep control of the ball in a competitive scenario. I can bring the ball down to my feet with any part of my body while under pressure.  |
| <b>Shooting</b>             | I can shoot using the correct technique in a practice situation. Sometimes the ball goes towards the goal.   | I can shoot with the correct technique with some accuracy and consistency. The ball usually goes towards the goal but not always in the corners.  | I can shoot with both feet in a practice scenario. I can have shots which are aimed towards the corners of the goal to make it difficult for a goalkeeper to save. I am accurate most of the time.                                       | I can shoot with accuracy and consistency in a competitive scenario. I can shoot with both feet. I have effective technique and have the ability to score from different areas of the pitch during a competitive scenario.  |
| <b>Game Sense (Tactics)</b> | I have a basic understanding of the game. I can explain the different positions and sometimes execute a specific role in a competitive game.                                     | I have a good understanding of the different positions. I have a basic understanding of tactics within a game. I can play in a team and execute tactics that I am instructed to do by a leader.   | I understand the importance of roles within a team. I can be a leader, and sometimes devise tactics for the rest of my team. I understand how to play a positive role in a team by executing my position effectively and helping others. | I show good understanding of tactics and strategy and can make deliberate changes to myself or to my team in order to improve the team's chance of success. I can read the game and make decisions accordingly. I can be a strong leader. I can play in a range of positions in a competitive scenario.                                   |
| <b>Resilience</b>           | I usually try my best and play by the rules.   | I try my best and remain positive when winning or losing.   | I remain positive when winning or losing. I provide help to my peers or teammates who are having difficulty. I respect the referee's decisions.  | I remain positive when winning or losing. I provide help to peers or teammates who are having difficulty. I respect the referee's decisions. I applaud good play from my opponents and shake hands with them at the end of a match.   |
| <b>Team work</b>            | I cooperate and work with most of my peers.  | I will work with all members of the class and collect or pack up equipment. I can communicate positively with team mates. I change for PE in 5 minutes or less. I line up quietly at the start and end of lessons and walk in a single file line. | I am happy to work with all members of the class. I am able to be both a leader or a follower. I willingly help with class equipment. I line up quietly at the start and end of lessons and walk in a single file line.                  | I am happy to work with all members of the class. I am able to be both a leader and follower at the right time. I volunteer to assist with class equipment. I change for PE in under 5 minutes. I always lines up quietly at the start and end of lessons and I walk in a single file line. I encourage and help my peers to do the same. |
| <b>Health and Fitness</b>   | I usually wear most of the correct PE Kit. I can walk to and from PE venues without tiring. With encouragement, I will participate in a warm up.                                 | I usually wear a complete PE Kit. I can walk to and from PE venues without tiring and participate with energy for the whole lesson. I willingly participate in a warm up. I can state some general ways to improve fitness for football.          | I always wear a complete PE Kit. I always walk quickly to and from PE venues and participates with energy for the whole lesson. I can lead peers in an effective warm up for football. I usually brings a water bottle to lesson.        | I always wear a complete PE Kit. I always walk quickly to and from PE venues and participate with energy for the whole lesson. I can lead peers in an effective warm up for football. I can state specific methods to improve fitness for football. I always bring a water bottle to lesson.  |
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