



AOLE	Subject	Year	Assessment
Health and Wellbeing	PE	7	Athletics

Progression Table		
Progression Indicator	Knowledge	Skills
<b>Excelling</b>	<p>I can transfer a range of movement skills from familiar to unfamiliar and changing situations and environments, using space creatively in response to a variety of stimuli.</p> <p>I can engage in regular physical activity and sport with confidence, motivation and commitment.</p> <p>I can recognise that some decisions I make will have a long-term impact on my life and the lives of others.</p>	<p><b>Evaluate</b> how to optimise performance in various athletics events through strategic and tactical play.</p> <p><b>Analyse</b> different techniques for running, jumping, and throwing and determine the most effective methods.</p> <p><b>Assess</b> decisions about techniques used in training and refine them based on performance.</p>
<b>Advancing</b>	<p>I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli.</p> <p>I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress.</p> <p>I can understand that decisions can be made individually and collectively, and that they can be influenced by a range of factors.</p> <p>I can make considered decisions, taking into account available information, including past experiences.</p>	<p><b>Apply</b> knowledge of running, jumping, and throwing techniques in practice and competition settings.</p> <p><b>Recognise</b> the importance of technique and strategy in improving performance in athletics events.</p> <p><b>Perform</b> basic techniques in running, jumping, and throwing events successfully.</p>
<b>Securing</b>	<p>I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways.</p> <p>I have the confidence and motivation to persevere when faced with physical challenges.</p>	<p><b>Demonstrate</b> basic running, jumping, and throwing techniques effectively in isolation.</p> <p><b>Explain</b> the importance of technique and practice in improving performance.</p> <p><b>Describe</b> the basic techniques and benefits of different athletics events.</p>



	<p>I can describe the way in which physical and emotional changes are connected in different contexts.</p> <p>I can make considered decisions, taking into account available information, including past experiences.</p> <p>I can respect the rights of others and I understand how these impact on myself and others.</p> <p>I have an understanding of the rules, norms and behaviours of different groups and situations, and I recognise that these have an influence on me.</p>	
<b>Beginning</b>	<p>I can use and improve basic movement skills in familiar and unfamiliar situations.</p> <p>I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.</p> <p>I can understand that everyone has rights and, with support, I can respect those rights.</p> <p>I can describe the way in which physical and emotional changes are connected in different contexts.</p> <p>I can make decisions based on what I know.</p> <p>I can take part in group decisions and I understand why some decisions need to be made as a group.</p> <p>I can identify and assess risks.</p> <p>I can recognise and follow the rules and norms of different groups and situations in which I take part.</p>	<p><b>Identify</b> basic techniques for running, jumping, and throwing.</p> <p><b>Describe</b> fundamental skills and techniques for each athletics event.</p> <p><b>Recall</b> previous learning about the basic techniques and rules for different athletics events.</p>