



AOLE	Subject	Year	Assessment
Health and Wellbeing	PE	8	Net and Wall Games

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<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>Evaluate how to successfully execute advanced attacking strategies in net and wall sports by using strategic and tactical play.</p> <p>Analyse the position and tactics of your opponents to determine the most effective shot or play.</p> <p>Critically assess your choice of techniques and refine them when they are unsuccessful.</p> <p>Evaluate when to use advanced defensive techniques to stop opponents from gaining points in a game situation.</p>
Advancing	<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>Apply your knowledge of serving, volleying, and returning the ball in small-sided games, making strategic decisions about how best to advance on the opposition.</p> <p>Recognise the importance of positioning and playing into space while attacking in net and wall sports.</p> <p>Perform the techniques of different shots and serves successfully in various net and wall sports.</p> <p>Execute the basic defensive skills and tactics in competitive situations.</p>
Securing	<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>Demonstrate how to serve, volley, and return the ball with control in isolation.</p> <p>Explain how to outwit opponents by using the learned skills and techniques specific to net and wall sports.</p> <p>Describe the different types of shots and serves in net and wall sports and their benefits.</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>	<p>Develop your knowledge further of outwitting your opponent using the skills learned.</p>
<p>Beginning</p>	<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>Describe basic rallying techniques in net and wall sports.</p> <p>Recall your previous tactics and knowledge of outwitting your opponent.</p> <p>Identify the basic defensive skills and techniques.</p> <p>Perform the correct hand grip in net and wall sports.</p>