



AOLE	Subject	Year	Assessment
Health and Wellbeing	PE	9	Athletics

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I can reflect on past experiences to anticipate and prepare for future scenarios.</p> <p>I can make informed decisions individually and collectively, considering relevant factors and implications.</p> <p>I exercise my own rights and respect those of others, recognizing when rights are infringed.</p>	<p>Evaluate advanced training programs, making strategic decisions to improve specific aspects of athletic performance (e.g., speed, strength, endurance).</p> <p>Analyse personal performance through video feedback, biomechanical analysis, and fitness data to identify key areas for refinement and improvement.</p> <p>Assess your ability to coach others, demonstrating how to transfer knowledge and skills in running, jumping, and throwing techniques.</p>
Advancing	<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>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>Apply advanced techniques in sprinting, middle-distance running, and field events, refining your performance through regular self-assessment and peer feedback.</p> <p>Recognise how to use mental strategies, such as visualisation and goal-setting, to improve competitive performance.</p> <p>Perform with consistency and focus, demonstrating an ability to maintain high performance even under pressure in competitive settings.</p>
Securing	<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>Demonstrate correct techniques for sprinting, jumping, and throwing, showing control and precision in practice and competition.</p> <p>Explain how different fitness components relate to performance in athletics, and describe how to improve them through targeted training.</p> <p>Describe how to manage and improve your performance using specific feedback from coaches or peers.</p>



	I can respect the rights of others and I understand how these impact on myself and others.	
Beginning	<p>I can use and improve basic movement skills in familiar and unfamiliar situations. 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 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>Identify fundamental techniques and strategies for sprinting, middle-distance running, jumping, and throwing events.</p> <p>Describe the impact of physical preparation (e.g., warming up, cooling down, hydration) on performance in athletics.</p> <p>Recall previous learning about technique and rules, applying this to improve your performance in practice and competition.</p>