

'A culture of aspiration'



Rossett School

Success for everyone

Sport Studies Key
Stage 3
Achievement
Criteria's

Contents

Winter sports

Badminton	Page 3
Health-related fitness	Page 4
Gymnastics	Page 5
Dance	Page 6
Football	Page 7
Rugby	Page 8
OAA	Page 9
Netball	Page 10
Hockey	Page 11

Summer Sports

Tennis	Page 12
Cricket	Page 13
Rounders	Page 14
Athletics	Page 15

3Rs – Reporting Definitions

Responsibility:

5. I am self-motivated. I really enjoy organising myself and regularly finish work before the deadline, so I can seek advice and act on feedback. I see it as my responsibility to know what is expected of me and take pride in my work.
4. I usually plan ahead and work really well as part of a team and like to contribute in discussions with different ideas. I can plan for any problems and ask for help before deadlines run out. I take responsibility for my own learning most of the time.
3. I sometimes like to plan ahead taking some responsibility for my own learning. I get started without being told and usually complete my work to a reasonable standard.
2. I need to plan and be more involved in any work I undertake, by myself or as a team. I occasionally take responsibility and ask for support. I need to put more effort into my work.
1. I find it hard to motivate myself to work and be involved in activities. I need to think more about how I am going to do things so I can ask for help if needed. My work is completed with little effort.

Resilience:

5. I am very flexible in my approach to learning and receive feedback well, act upon it and persist until I have succeeded. I see any setbacks as opportunities to learn and always remain positive adapting my methods of working to progress. I am a self-starter and plan in detail how I should keep improving.
4. I enjoy a challenge and am generally flexible in my approach to work following feedback. I am positive about any setbacks that occur in my learning and I show good levels of persistence, even when things are difficult. If I rebound quicker when faced with a challenge then I will continue to stretch myself.
3. I am able to act upon most forms of feedback and marking but I can struggle to use my own initiative when I don't understand. I need to be more flexible and change my mind-set in the face of a challenge. I usually stay involved and, with some initial support, I can get on with things by myself.
2. I ask for help when things get difficult but can be disheartened when setbacks occur. I will follow things through when I really want to but I need to show more strength of character and use feedback given in order to improve my performance.
1. I only persist with things for a short period of time and struggle to take feedback on board. I need to be tougher and positive in order to bounce back and try again to improve.

Reflectiveness:

5. I independently reflect on all my work effectively, exploring my own strengths and weaknesses. I set my own targets for improvement and see mistakes as part of learning. I invite feedback from my teacher and peers and am fully interested and motivated in all areas of my learning.
4. I reflect and respond to targets that have been set for me. I regularly look at the work of others and use that to improve my own work. I apply targets to progress.
3. I review work and teachers' comments to improve. I am able to respond to targets set for me and I listen to the views of others, although I need to show evidence that these targets have been acted upon. I am beginning to see the importance of taking time to reflect upon my work.
2. I sometimes review work and reflect upon teacher comments in order to improve. With support, I respond to this and make positive changes. I need to develop my ability to act upon targets set for me.
1. I need to review set targets and improve future work. I need to listen more to the views of others and respond more positively to feedback that is given to me.



Rossett Sport Studies Faculty KS3 Achievement Criteria

Badminton



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I can judge where the shuttlecock will be and successfully move towards it.</p> <p>I can hit the shuttlecock over the net in a rally.</p>	<p>I can serve towards the correct service box.</p> <p>I can perform the overhead clear as part of a rally.</p> <p>I understand the stroke cycle (ready, prepare, hit, recover).</p> <p>I can perform high and low serves.</p> <p>I can maintain a rally using both forehand and backhand strokes.</p> <p>I can vary the angle and depth of my shots.</p>	<p>I can flick and 'mask' the serve with some success.</p> <p>I can use smash and drop shots at correct times in a game.</p> <p>I can play and score singles and doubles games.</p> <p>I can 'mask' my serve with improved success.</p> <p>I can perform the net shot, attacking/defensive lob and block to the net.</p> <p>I can play, score and umpire singles and doubles games.</p>	<p>I can demonstrate a high standard technique and disguise while performing all shots.</p> <p>I can use advanced tactics to outwit my opponent.</p> <p>I consistently use advanced badminton skills and tactics in a variety of different situations in a game.</p> <p>I demonstrate outstanding ability and understanding using originality and flair in success.</p>
Year 8	<p>I can serve towards the correct service box.</p> <p>I can perform the overhead clear as part of a rally.</p> <p>I understand the stroke cycle (ready, prepare, hit, recover).</p> <p>I can perform high and low serves.</p> <p>I can maintain a rally using both forehand and backhand strokes.</p> <p>I can vary the angle and depth of my shots.</p>	<p>I can flick and 'mask' the serve with some success.</p> <p>I can use smash and drop shots at correct times in a game.</p> <p>I can play and score singles and doubles games.</p> <p>I can 'mask' my serve with improved success.</p> <p>I can perform the net shot, attacking/defensive lob and block to the net.</p> <p>I can play, score and umpire singles and doubles games.</p>	<p>I can demonstrate a high standard technique and disguise while performing all shots.</p> <p>I can use advanced tactics to outwit my opponent.</p> <p>I consistently use advanced badminton skills and tactics in a variety of different situations in a game.</p> <p>I demonstrate outstanding ability and understanding using originality and flair in success.</p>	<p>When playing attacking shots, I can demonstrate good technique as well as the ability to deceive my opponent by scoring a point.</p> <p>I am able to display reliability when defending my court.</p> <p>I know the role of an umpire and can evaluate the decisions made by him/her.</p> <p>I can give more detailed feedback to improve performance and analyse.</p> <p>I have sufficient strength, flexibility, speed and stamina to maintain a good performance</p>
Year 9	<p>I can flick and 'mask' the serve with some success.</p> <p>I can use smash and drop shots at correct times in a game.</p> <p>I can play and score singles and doubles games.</p> <p>I can 'mask' my serve with improved success.</p> <p>I can perform the net shot, attacking/defensive lob and block to the net.</p> <p>I can play, score and umpire singles and doubles games.</p>	<p>I can demonstrate a high standard technique and disguise while performing all shots.</p> <p>I can use advanced tactics to outwit my opponent.</p> <p>I consistently use advanced badminton skills and tactics in a variety of different situations in a game.</p> <p>I demonstrate outstanding ability and understanding using originality and flair in success.</p>	<p>When playing attacking shots, I can demonstrate good technique as well as the ability to deceive my opponent by scoring a point.</p> <p>I am able to display reliability when defending my court.</p> <p>I know the role of an umpire and can evaluate the decisions made by him/her.</p> <p>I can give more detailed feedback to improve performance and analyse.</p> <p>I have sufficient strength, flexibility, speed and stamina to maintain a good performance.</p>	<p>I have a very high level of variation play.</p> <p>I can show a high level of attacking proficiency using smash and drop shots to good effect.</p> <p>I know the rules of badminton and rarely make mistakes.</p> <p>I can make an outstanding contribution to the game.</p> <p>I have very good knowledge of team tactics and positional play.</p> <p>I have the desire to achieve success and will personally seek improvement and continue to challenge myself.</p> <p>I have sufficient strength, flexibility, speed and stamina to maintain a good performance.</p>



Rossett Sport Studies Faculty KS3 Achievement Criteria

Health Related Fitness



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I understand how to take my heart rate.</p> <p>I know of different training types but not sure what they are.</p> <p>I need support to plan a fitness programme.</p> <p>I know what a good technique looks like but I can't use correct vocabulary.</p>	<p>I can explain the difference between resting and working heart rate.</p> <p>I can name two types of training and know the technique.</p> <p>I can plan a fitness programme with occasional support</p> <p>Able to identify a good technique using some correct vocabulary.</p>	<p>I know why heart rate increases during exercise.</p> <p>I am able to identify several types of training and perform using correct technique.</p> <p>I can plan a fitness programme independently.</p> <p>I am able to identify strengths and areas for improvement in own performance.</p>	<p>I understand what my working heart rate should be when working aerobically.</p> <p>I can identify several types of training and perform using correct technique.</p> <p>I can (with support) complete a training programme specific to a chosen sport.</p> <p>I can compare a peer's technique to the perfect model, identifying similarities and differences.</p>
Year 8	<p>I can explain the difference between resting and working heart rate.</p> <p>I can name two types of training and know the technique.</p> <p>I can plan a fitness programme with occasional support</p> <p>Able to identify a good technique using some correct vocabulary.</p>	<p>I know why heart rate increases during exercise.</p> <p>I am able to identify several types of training and perform using correct technique.</p> <p>I can plan a fitness programme independently.</p> <p>I am able to identify strengths and areas for improvement in own performance</p>	<p>I understand what my working heart rate should be when working aerobically.</p> <p>I can identify several types of training and perform using correct technique.</p> <p>I can (with support) complete a training programme specific to a chosen sport.</p> <p>I can compare a peer's technique to the perfect model, identifying similarities and differences.</p>	<p>I have knowledge of maximum heart rate, target zones and training thresholds.</p> <p>I can able to identify several types of training and give technical examples.</p> <p>I can plan a fitness programme for a sport.</p> <p>I can compare a peer's technique to the perfect model, identifying similarities and differences.</p>
Year 9	<p>I know why heart rate increases during exercise.</p> <p>I am able to identify several types of training and perform using correct technique.</p> <p>I can plan a fitness programme independently.</p> <p>I am able to identify strengths and areas for improvement in own performance.</p>	<p>I understand what my working heart rate should be when working aerobically.</p> <p>I am able to identify several types of training and perform using correct technique.</p> <p>I can (with support) complete a training programme specific to a chosen sport.</p> <p>I can compare a peer's technique to the perfect model, identifying similarities and differences.</p>	<p>I have knowledge of maximum heart rate, target zones and training thresholds.</p> <p>I can able to identify several types of training and give technical examples.</p> <p>I can plan a fitness programme for a sport.</p> <p>I can compare a peer's technique to the perfect model, identifying similarities and differences.</p>	<p>I can apply target zone and training thresholds to my training.</p> <p>I can identify, explain and demonstrate all training types.</p> <p>I can plan a fitness programme for a fitness component.</p> <p>I can analyse other performance and give recommendations on how to improve.</p>



Rossett Sport Studies Faculty KS3 Achievement Criteria

Gymnastics



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I can attempt some balances and have body tension in basic balances.</p> <p>I have attempted to support my peers but require additional help.</p> <p>I can rotate around one axis.</p> <p>I can link balances and rotations together with the instruction of my peers.</p>	<p>I can perform most balances with body tension, but require confidence to attempt harder ones.</p> <p>I can support my peers with a partner.</p> <p>I can attempt and perform most of the basic rotations.</p> <p>I am able to link balances and rotations together in a short routine.</p>	<p>I can perform most balances with good body tension, and attempt some difficult ones with support.</p> <p>I can support my peers, some with teacher support.</p> <p>I can demonstrate most rotations, some which require improved aesthetics.</p> <p>I am able to choreograph a basic routine for myself and a partner.</p>	<p>I can perform difficult balances consistently with excellent body tension.</p> <p>I can confidently support my peers.</p> <p>I am able to perform a variety of rotations across different axis, with control and fluency.</p> <p>I can choreograph, plan and perform sequences including difficult balances, rolls and rotations.</p>
Year 8	<p>I can perform most balances with body tension, but require confidence to attempt harder ones.</p> <p>I can attempt and perform most of the basic rotations.</p> <p>I am able to link balances and rotations together in a short tumbling sequence.</p> <p>I am confident to attempt basic flight and shapes in the air with some control.</p>	<p>I can perform most balances with good body tension, and attempt some difficult ones with support. I can demonstrate most rotations, some which require improved aesthetics.</p> <p>I am able to choreograph a basic tumbling sequence for myself and a partner.</p> <p>I can demonstrate basic shapes in the air with control, and attempt some more difficult ones.</p>	<p>I can perform difficult balances consistently with good body tension.</p> <p>I am able to perform a variety of rotations with control and fluency.</p> <p>I can choreograph, plan and perform tumbling sequences including difficult balances, rolls and rotations.</p> <p>I can demonstrate some difficult shapes in the air with control and height.</p>	<p>I can perform difficult balances consistently with excellent body tension.</p> <p>I am able to perform a variety of difficult rotations with control and fluency.</p> <p>I can choreograph, plan and perform tumbling sequences including difficult balances, rolls and rotations.</p> <p>I can demonstrate most difficult shapes in the air with control and height.</p>
Year 9	<p>I can perform basic vaults with some control and fluency.</p> <p>I understand the four parts of flight, and can break it down.</p> <p>I am able to offer support to a peer with a partner.</p> <p>I can demonstrate control and body tension when in the air and attempt basic vaults, taking weight on the hands.</p>	<p>I can perform basic vaults with control and fluency.</p> <p>I understand the four parts of flight, and can break it down, commenting on each part.</p> <p>I am able to offer support to a peer.</p> <p>I can demonstrate good control and body tension when in the air and perform basic vaults.</p>	<p>I can perform more difficult vaults with control and fluency.</p> <p>I understand the four parts of flight, and can break it down, discussing each part.</p> <p>I am able to support a peer well.</p> <p>I can demonstrate great control and body tension when in the air and perform more difficult vaults.</p>	<p>I can perform difficult vaults with control and fluency.</p> <p>I understand the four parts of flight, and can break it down, analysing each part.</p> <p>I am able to support a peer confidently.</p> <p>I can demonstrate great control and body tension when in the air and perform difficult vaults well.</p>



Rossett Sport Studies Faculty KS3 Achievement Criteria

Dance



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I can, Identify different choreographic devices used in dance.</p> <p>I can, remember and repeat actions to create a short dance.</p> <p>I can, perform with some rhythm and timing to music.</p> <p>I can watch someone else work and comment on their performance.</p>	<p>I can, describe and explain different choreographic devices.</p> <p>I can, remember and repeat a short dance phrase that move in different directions.</p> <p>I can, use my imagination to create dances to different themes.</p> <p>I can see good points and point for improvement in my own and others work.</p>	<p>I can, explain what a motif is in dance.</p> <p>I can, create a group dance with my peers using a stimulus.</p> <p>I can, perform basic dance moves with fluency and confidence.</p> <p>I can, change and refine my dance to improve performance.</p>	<p>I can, explain what a motif is in dance.</p> <p>I can, create and remember a short sequence of dance using different elements.</p> <p>I can, Choreograph and refine others work well.</p> <p>I can, describe and explain 3 dance fundamentals</p>
Year 8	<p>I can, describe and explain different choreographic devices.</p> <p>I can, remember and repeat a short dance phrase that move in different directions.</p> <p>I can, use my imagination to create dances to different themes.</p> <p>I can see good points and point for improvement in my own and others work.</p>	<p>I can, explain what a motif is in dance.</p> <p>I can, create a group dance with my peers using a stimulus.</p> <p>I can, perform basic dance moves with fluency and confidence.</p> <p>I can, change and refine my dance to improve performance.</p>	<p>I can, explain what a motif is in dance.</p> <p>I can, create and remember a short sequence of dance using different elements.</p> <p>I can, Choreograph and refine others work well.</p> <p>I can, describe and explain 3 dance fundamentals</p>	<p>I can, describe and explain all the elements of dance.</p> <p>I can create a dance using the elements and create a sequence well.</p> <p>I can, perform to a high ability with fluency and confidence.</p> <p>I can, change and refine my and other dances to improve performance.</p>
Year 9	<p>I can, explain what a motif is in dance.</p> <p>I can, create a group dance with my peers using a stimulus.</p> <p>I can, perform basic dance moves with fluency and confidence.</p> <p>I can, change and refine my dance to improve performance.</p>	<p>I can, explain what a motif is in dance.</p> <p>I can, create and remember a short sequence of dance using different elements.</p> <p>I can, Choreograph and refine others work well.</p> <p>I can, describe and explain 3 dance fundamentals</p>	<p>I can, describe and explain all the elements of dance.</p> <p>I can create a dance using the elements and create a sequence well.</p> <p>I can, perform to a high ability with fluency and confidence.</p> <p>I can, change and refine my and other dances to improve performance.</p>	<p>I can describe, explain and apply all the elements of dance.</p> <p>I can create a dance using the elements and create a perfect sequence.</p> <p>I can, perform with a faultless fluency and confidence.</p> <p>I can, change and refine mine and other dances to improve performance giving recommendations to improve.</p>



Rossett Sport Studies Faculty KS3 Achievement Criteria

Football



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I am able to pass with some accuracy (in region of a player on my team) ball is often over/under hit.</p> <p>My ball control is lacking, I am unable to take pace off ball resulting in poor control.</p> <p>I try and participate in the game but have a limited effect. I am unsure of what tactics are and how to implement them.</p>	<p>I can pass accurately with the correct part of my foot. The pass sometimes lacks correct weighting.</p> <p>My control is dominated by the inside of my foot. I can demonstrate control in isolation but</p> <p>I am starting to become more effective in a game situation, although my awareness is evident, I do prefer others to take tactical control.</p>	<p>I am able to pass the ball with accuracy whilst on the move, attempting to apply correct technique.</p> <p>I am able to control the ball by judging pace of ball correctly. I can also use other body parts to control the ball, but ball control may not be as desired.</p> <p>I understand the different requirements needed in defence and attack and appreciate the main tactics involved.</p>	<p>I can pass the ball with accuracy while on the move, using correct technique. I am able to display a variety of passes.</p> <p>I am able to control the ball with all parts of the body and apply this in pressurised situations.</p> <p>I exert an increasing influence on the game in both attacking and defending periods of play. I demonstrate high levels of tactical awareness.</p>
Year 8	<p>I can pass accurately with the correct part of my foot. The pass sometimes lacks correct weighting.</p> <p>My control is dominated by the inside of my foot. I can demonstrate control in isolation but I do find it difficult when the ball comes from different heights.</p> <p>I show limited skills when playing, the ball is often played too far in front of me when I dribble and possession is therefore often lost.</p> <p>I am starting to become more effective in a game situation.</p>	<p>I am able to pass the ball with accuracy whilst on the move, attempting to apply correct technique.</p> <p>I am able to control the ball by judging pace of ball correctly. I can also use other body parts to control the ball.</p> <p>I can dribble keeping the ball within reaching distance, however sometimes I lose control when dribbling at pace and therefore lose possession.</p> <p>I have shown an ability to influence a game in either attack or defence. I understand the different requirements needed in defence and attack .</p>	<p>I can pass the ball with accuracy while on the move, using correct technique. I am able to display a variety of passes.</p> <p>I am able to control the ball with all parts of the body and apply this in pressurised situations.</p> <p>I am able to run at an opponent and dribble past them on a side of my choice displaying good close control of the ball.</p> <p>I exert an increasing influence on the game in both attacking and defending periods of play.</p>	<p>I can demonstrate all type of passes with accuracy and correct weighting.</p> <p>I am able to control the ball with both feet, demonstrating an ability to push the ball in front of my body whilst moving forward in order to create space.</p> <p>I show good tight control whilst dribbling past opponents and have a high rate of success.</p> <p>I show an outstanding level of tactical awareness. I am confident in being able to identify strengths/weaknesses of peers.</p>
Year 9	<p>I am able to pass the ball with some accuracy whilst on the move, attempting to apply correct technique.</p> <p>My control is dominated by the inside of my foot.</p> <p>I can dribble keeping the ball , I lose control when dribbling at pace. I can demonstrate basic passing, dribbling, tackling and shooting skills in a match situation.</p> <p>I am able to work with team mates and understand basic tactics. I can demonstrate basic passing, dribbling, tackling and shooting skills in a match situation.</p>	<p>I can pass the ball with accuracy while on the move, using correct technique. I attempt to use my weak foot.</p> <p>I am able to control the ball , I can also use other body parts to control the ball, but ball control may not be as desired.</p> <p>I am able to run with the ball at pace yet lack a final product. I can demonstrate some skills in a match situation .</p> <p>My decision making is consistent .I understand basic tactics but can work with team mates to implement more complex tactics.</p>	<p>I can demonstrate all type of passes with accuracy and correct weighting. I can pass accurately , with both inside and outside of the foot.</p> <p>I am able to control the ball with both feet, demonstrating an ability to push the ball in front of my body whilst moving forward in order to create space.</p> <p>I show good tight control whilst dribbling past opponents and have a high rate of success.</p> <p>I am confident in being able to identify strengths/weaknesses.</p>	<p>I can demonstrate a variety of passes with precision whilst under pressure,</p> <p>More often than not, I am able to control the ball with one touch whilst under pressure, creating space and time to assess the situation.</p> <p>I exert full control over a game. Showing an outstanding understanding of tactics in attack/defence/ and can explain/coach ideas to my team mates.</p>



Rossett Sport Studies Faculty KS3 Achievement Criteria

Rugby



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I can perform a variety of passes when not under pressure During a game situation I will look to find a team-mate after I have been tagged/tackled I need time to control a pass from a teammate I can pass accurately to a target when not under pressure I can pass the ball backwards whilst running forwards 	<ul style="list-style-type: none"> I can perform a basic pass and repeat it with good control and co-ordination I can receive a pass when under pressure from the opposition I can perform a spin pass off my dominant hand I can perform miss/switch passes with accuracy During a game situation I can beat the opposition with an accurate pass to a team mate 	<ul style="list-style-type: none"> I can perform a spin pass off both hands with some accuracy I know when to give a miss/switch/dummy pass in a game situation During a game situation I can give a variety of passes under pressure I can perform a spin pass off both hands with direction and accuracy 	<ul style="list-style-type: none"> I can perform a basic pass and repeat it with good control and co-ordination I can receive a pass when under pressure from the opposition I can perform a spin pass off my dominant hand I can perform miss/switch passes with accuracy During a game situation I can beat the opposition with an accurate pass to a team mate
Year 8	<ul style="list-style-type: none"> I can perform a basic pass and repeat it with good control and co-ordination I can receive a pass when under pressure from the opposition I can perform a spin pass off my dominant hand I can perform miss/switch passes with accuracy During a game situation I can beat the opposition with an accurate pass to a team mate 	<ul style="list-style-type: none"> I can perform a spin pass off both hands with some accuracy I know when to give a miss/switch/dummy pass in a game situation I can perform a spin pass off both hands with direction and accuracy During a game situation I can give a variety of passes under pressure 	<ul style="list-style-type: none"> I can perform a spin pass off both hands with accuracy and control whilst on the move I can perform a miss/switch/dummy pass with a high level of control and disguise During a game situation I can give a variety of passes under pressure 	<ul style="list-style-type: none"> Perform skills well in a pressurised situation Show good contact skills at tackle, ruck and maul situations I can protect the ball when under pressure Communicate to and organise your team mates
Year 9	<ul style="list-style-type: none"> I can perform a basic pass and repeat it with good control and co-ordination Perform skills well in a pressurised situation Show good contact skills at tackle, ruck and maul situations I can protect the ball when under pressure I can communicate to and organise your team mates 	<ul style="list-style-type: none"> I can offload effectively in the tackle on occasions. I can make successful tackles in a game from the front and side of an attacker Perform skills well in a pressurised situation Show good contact skills at tackle, ruck and maul situations Protect the ball when under pressure I can communicate to and organise your team mates 	<ul style="list-style-type: none"> I can perform all types of tackle well, Offload effectively in the tackle Understand the roles and requirements of specialist positions Show very good support, continuity and ball retention skills I can understand my own strengths and weaknesses and play to them I can a good understanding of tactics 	<ul style="list-style-type: none"> I can apply advanced skills consistently when under pressure in a game situation I can perform all types of tackles with excellent technique consistently. I show good leadership and/or captaincy skills I understand most of the rules of the game I can show excellent support, continuity and ball retention skills I can identify strengths and weaknesses in others performance.



Rossett Sport Studies Faculty KS3 Achievement Criteria

Outdoor & Adventurous Activities



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I understand basic roles in problem solving, but can't really explain them As a team member I can give simple instructions: I can also follow simple instructions given by others In a problem solving activity I sometimes give support to others to achieve our target 	<ul style="list-style-type: none"> I understand and can explain basic roles in problem solving. As a team member I can give instructions to others: I can also follow instructions given by others In a problem solving activity I usually give support to others to achieve our target 	<ul style="list-style-type: none"> I understand and can explain several different roles in problem solving. As a team member I can give complex instructions to others: I can follow complex instructions given by others In a problem solving activity I always give support to others to achieve our target 	<ul style="list-style-type: none"> I can organise a team so each member understands their role within a problem solving activity As a team member I can formulate an effective plan and break it down into tasks for others to perform. In a problem solving activity I give encouragement to those not involved and help them to feel part of the team
Year 8	<ul style="list-style-type: none"> I can understand what North is and can sometimes orient my map to North I can understand some of the symbols and markings on a map I can plan a simple route on a map and can follow it. 	<ul style="list-style-type: none"> I can usually orient my map to North I can understand most of the symbols and markings on a map, and can match some of them to the land I can plan a complex route on a map and follow it. 	<ul style="list-style-type: none"> I can always orient my map to North I can understand all of the symbols and markings on a map, and can match most of them to the land I can plan a quick but complex route on a map and follow it. 	<ul style="list-style-type: none"> My map stays oriented to North as I move around. I can understand all of the symbols and markings on a map, and can match all of them to the land I can analyse different routes between the same to points and justify my final route choice
Year 9	<ul style="list-style-type: none"> I can lift my weight off the mats and support my weight on the wall. With help, I can describe the safety measures for the use of the wall I have sufficient balance and flexibility to move one limb at a time to an alternate hold 	<ul style="list-style-type: none"> I can move across some of the wall maintaining three points of contact Independently, I can describe the safety measures for the use of the wall I have sufficient balance and flexibility to move two or three limbs at a time to alternate holds 	<ul style="list-style-type: none"> I can traverse the whole wall from end to end I can explain the safety measures for the use of the wall I have sufficient balance and flexibility to utilise either small or awkwardly placed holds 	<ul style="list-style-type: none"> I can make multiple traverses across the wall, even limiting the colours of hold I use. I can explain the safety measures for the use of the wall, and can apply them to help keep others safe. I have sufficient balance and flexibility to utilise both small and awkwardly placed holds



Rossett Sport Studies Faculty KS3 Achievement Criteria

Netball



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<p>I am able to make basic passes and receive the ball without dropping it most of the time.</p> <p>I can demonstrate basic skills such as dodging, marking and footwork when not under pressure.</p> <p>I understand the footwork rule, but occasionally make mistakes.</p> <p>I understand where most positions start for a centre pass.</p> <p>I'm able to show how to defend and intercept the ball.</p>	<p>I can catch the ball consistently and can select the correct pass for the appropriate situation.</p> <p>I understand the footwork rule under pressure, and can do this successfully.</p> <p>I can understand most of the rules, court markings and positions.</p> <p>I am able to dodge, change direction and speed effectively to get free to receive the ball.</p>	<p>I can pass in a variety of ways accurately during a game and create space.</p> <p>I can advise my team when deciding which tactics to use.</p> <p>I can select appropriate strategies to create space from a back line throw in, side line and centre pass and perform them with precision and control.</p> <p>I can demonstrate excellent footwork control, pivoting on either foot.</p>	<p>I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair.</p> <p>My marking and evading space are excellent and I significantly influence a game whichever position I play.</p> <p>I understand the rules necessary for a successful game.</p> <p>I am able to organise and umpire small sided games with some assistance.</p>
Year 8	<p>I can catch the ball consistently and can select the correct pass for the appropriate situation.</p> <p>I understand the footwork rule under pressure, and can do this successfully.</p> <p>I can understand most of the rules, court markings and positions.</p> <p>I am able to dodge, change direction and speed effectively to get free to receive the ball.</p>	<p>I can pass in a variety of ways accurately during a game and create space.</p> <p>I can advise my team when deciding which tactics to use.</p> <p>I can select appropriate strategies to create space from a back line throw in, side line and centre pass and perform them with precision and control.</p> <p>I can demonstrate excellent footwork control, pivoting on either foot.</p>	<p>I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair.</p> <p>My marking and evading space are excellent and I significantly influence a game whichever position I play.</p> <p>I understand the rules necessary for a successful game.</p> <p>I am able to organise and umpire small sided games with some assistance.</p>	<p>I can pass the ball accurately while under pressure both in practice and in game situations, selecting the appropriate type of pass.</p> <p>I can use a variety of difficult skills/plays to beat a player.</p> <p>I have a good understanding of positions and can play them all effectively, including shooting.</p>
Year 9	<p>I can pass in a variety of ways accurately during a game and create space.</p> <p>I can advise my team when deciding which tactics to use.</p> <p>I can select appropriate strategies to create space from a back line throw in, side line and centre pass and perform them with precision and control.</p> <p>I can demonstrate excellent footwork control, pivoting on either foot.</p>	<p>I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair.</p> <p>My marking and evading space are excellent and I significantly influence a game whichever position I play.</p> <p>I understand the rules necessary for a successful game.</p> <p>I am able to organise and umpire small sided games with some assistance.</p>	<p>I can pass the ball accurately while under pressure both in practice and in game situations, selecting the appropriate type of pass.</p> <p>I can use a variety of difficult skills/plays to beat a player.</p> <p>I have a good understanding of positions and can play them all effectively, including shooting.</p>	<p>My marking and evading space are excellent I significantly influence a game whichever position I play.</p> <p>I can perform a running pass during fast play on the move.</p> <p>I can participate effectively in a penalty situation and take on different roles in a game.</p>

Hockey

	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I am able to receive and control passes that lack power. I can demonstrate the basic teaching points for a push pass in a practice and game. I understand how to perform a hit with control in practice and game situation. I'm able to show the action of the block tackle but rarely wind the ball. 	<ul style="list-style-type: none"> I can receive the ball whilst stationary or on the move. I am able to demonstrate how to stop the ball non-stick side in a practice. I know when to pass and when to dribble in a game. I can begin to demonstrate the use of the reverse stick whilst moving with the ball. I understand the correct body position for a stick tackle. 	<ul style="list-style-type: none"> I understand the idea of having an attack, midfield and defence in a match. I'm able to make effective use of push and Indian dribble techniques. I can advise my team when deciding which tactics to use. I can dribble using a variety of techniques at a fast pace. At match speed I show control and fluency. 	<ul style="list-style-type: none"> I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair. My marking and evading space are excellent and I significantly influence a game wherever I play. I can show a high standard of precision when under pressure when dribbling - pupils rarely take the ball from me.
Year 8	<ul style="list-style-type: none"> I can receive the ball whilst stationary or on the move. I am able to demonstrate how to stop the ball non-stick side in a practice. I know when to pass and when to dribble in a game. I can begin to demonstrate the use of the reverse stick whilst moving with the ball. I understand the correct body position for a stick tackle. 	<ul style="list-style-type: none"> I understand the idea of having an attack, midfield and defence in a match. I'm able to make effective use of push and Indian dribble techniques. I can advise my team when deciding which tactics to use. I can dribble using a variety of techniques at a fast pace. At match speed I show control and fluency. 	<ul style="list-style-type: none"> I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair. My marking and evading space are excellent and I significantly influence a game wherever I play. I can show a high standard of precision when under pressure when dribbling - pupils rarely take the ball from me. 	<ul style="list-style-type: none"> I can pass the ball accurately while under pressure both in practice and in game situations, selecting the appropriate type of pass. I can use a variety of difficult skills to beat a player. I have a good understanding of positions and can play them effectively.
Year 9	<ul style="list-style-type: none"> I understand the idea of having an attack, midfield and defence in a match. I'm able to make effective use of push and Indian dribble techniques. I can advise my team when deciding which tactics to use. I can dribble using a variety of techniques at a fast pace. At match speed I show control and fluency. 	<ul style="list-style-type: none"> I can show a high standard of precision when under pressure when passing and receiving very rarely make mistakes showing a high level of creativity and flair. My marking and evading space are excellent and I significantly influence a game wherever I play. I can show a high standard of precision when under pressure when dribbling - pupils rarely take the ball from me. 	<ul style="list-style-type: none"> I can pass the ball accurately while under pressure both in practice and in game situations, selecting the appropriate type of pass. I can use a variety of difficult skills to beat a player. I have a good understanding of positions and can play them effectively. 	<ul style="list-style-type: none"> My marking and evading space are excellent I significantly influence a game wherever I play. I can perform a penalty flick with accuracy. I can participate effectively in a penalty corner situation and take on different roles in a game.



Rossett Sport Studies Faculty KS3 Achievement Criteria

Tennis



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I know how to grip the racket with a basic one handed grip. I can move to the ball correctly to be able to use the forehand and sometimes the backhand shot. I can hit a ball hand fed from a partner using the forehand. I can sometimes hit the ball using the backhand. I can hit the ball using the forehand from a drop and bounce feed. I can play a short rally with a partner without a net. I know what the lines are for on the court. 	<ul style="list-style-type: none"> I can use the correct grip to consistently hit the ball using forehand and backhand I can move to the ball and hit it successfully using both forehand and backhand I can start a game using the underarm shot using a drop feed without a bounce consistently. I know how to serve overarm and can hit the ball consistently. I can use the two handed backhand technique to hit the ball. I can play a short rally using the net I know how to use the correct scoring for short games 	<ul style="list-style-type: none"> I can use both the forehand and double handed backhand to hit the ball consistently over the net I can use the correct footwork to play the forehand and backhand I can use the overarm serve to consistently hit the ball over the net into the serve box. I know the correct place to stand on court during rallies I can work with a partner and show basic doubles organisation I can place the ball to outwit opponents I can score correctly and be able to act as an umpire for others games. 	<ul style="list-style-type: none"> I can play a variation of the forehand and backhand to outwit opponents I can use the overarm serve consistently I know basic doubles tactics and can use them effectively to win points. I know both the games, and sets scoring I can play a volley with both forehand and backhand. I can umpire matches including games and sets and can adjudicate disagreements
Year 8	<ul style="list-style-type: none"> I can use the correct grip to consistently hit the ball using forehand and backhand I can move to the ball and hit it successfully using both forehand and backhand I can start a game using the underarm shot using a drop feed without a bounce consistently. I know how to serve overarm and can hit the ball consistently. I can use the two handed backhand technique to hit the ball. I know how to use the correct scoring for short games 	<ul style="list-style-type: none"> I can use both the forehand and double-handed backhand to hit the ball consistently over the net I can use the correct footwork to play the forehand and backhand I can use the overarm serve to consistently hit the ball over the net into the serve box. I know the correct place to stand on court during rallies I can work with a partner and show basic doubles organisation I can place the ball to outwit opponents I can score correctly and be able to act as an umpire for others games. 	<ul style="list-style-type: none"> I can play a variation of the forehand and backhand to outwit opponents I can use the overarm serve consistently I know basic doubles tactics and can use them effectively to win points. I know both the games, and sets scoring I can play a volley with both forehand and backhand. I can umpire matches including games and sets and can adjudicate disagreements 	<ul style="list-style-type: none"> I can play a variation of the forehand and backhand shots including the volley and the drop shot. I can play some basic spin shots. I can use the correct footwork to vary the direction of the ground shot to outwit opponents I can work effectively with a partner and react to their play as a doubles team . I can play an overhead serve using a second serve technique
Year 9	<ul style="list-style-type: none"> I can use both the forehand and backhand to hit the ball consistently over the net I can use the correct footwork to play the forehand and backhand I can use the overarm serve to consistently hit the ball over the net into the serve box. I know the correct place to stand on court during rallies I can work with a partner and show basic doubles organisation I can place the ball to outwit opponents I can score correctly and be able to act as an umpire for others games. 	<ul style="list-style-type: none"> I can play a variation of the forehand and backhand to outwit opponents I can use the overarm serve consistently I know basic doubles tactics and can use them effectively to win points. I know both the games, and sets scoring I can play a volley with both forehand and backhand. I can umpire matches including games and sets and can adjudicate disagreements 	<ul style="list-style-type: none"> I can play a variation of the forehand and backhand shots including the volley and the drop shot and the lob. I can play some basic spin shots. I can use the correct footwork to vary the direction of the ground shot to outwit opponents. I can work effectively with a partner and react to their play as a doubles team. I can play an overhead serve using a second serve technique 	<ul style="list-style-type: none"> I can use a variety of ground shots drop shots, lobs and to outwit an opponent and win points. I can play a topspin forehand and a sliced backhand shot to win points. I can recognise when it is effective to go to the net. I can mostly avoid double faults by using the correct first and second serve technique I know the full scoring technique including the tie-break



Rossett Sport Studies Faculty KS3 Achievement Criteria

Cricket



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I can stop and retrieve a ball over a short distance. I can throw overarm and I can throw underarm I can bowl underarm and sometimes I can bowl overarm. I can sometimes catch the ball from a short distance. I know how to grip the bat and sometimes I can play a defensive shot and an attacking shot. I understand basic tactics to outwit fielders. 	<ul style="list-style-type: none"> I can stop and retrieve a ball over a short distance and sometimes over longer distance. I can bowl underarm accurately and I understand the technique of bowling overarm. I can catch the ball consistently from a short distance. I know how to grip the bat and stand correctly and I can sometimes play a defensive shot and an attacking shot. I understand basic tactics to outwit fielders. 	<ul style="list-style-type: none"> I can stop and retrieve a ball over a short distance and longer distance with more consistency. I understand how and when to use a long barrier and I am developing accuracy with throwing at a target. I can use a variety of catching methods to catch the ball. I can catch the ball from a longer distance. I know when a defensive shot needs to be adopted and when to play an attacking shot. I utilise tactics to outwit fielders. 	<ul style="list-style-type: none"> I can stop and retrieve a ball over a short and long distance consistently. I am able to successfully use a long barrier and I can consistently throw accurately at a target. I am able to accurately replicate basic bowling technique and I understand the laws of bowling deliveries. I am becoming consistent in my execution of defensive and attacking shots.
Year 8	<ul style="list-style-type: none"> I can use a range of fielding techniques in terms of stopping the ball and retrieving it. I can catch the ball using different techniques. I can bowl overarm with limited success. I understand some of the laws of bowling including infringements. I can grip and stand correctly and can defend the ball and use an attacking shot. 	<ul style="list-style-type: none"> I can use a range of fielding techniques to stop and retrieve and when catching the ball. I know some of the rules of bowling and I can bowl overarm with some accuracy with a short run up. I am able to defend a ball using the forward defence and I can sometimes use an attacking shot. 	<ul style="list-style-type: none"> I can stop and retrieve a ball over a short and long distance consistently. I am able to successfully use a long barrier and I can consistently throw accurately at a target. I am able to accurately replicate basic bowling technique and I understand the laws of bowling deliveries. I am becoming consistent in my execution of defensive and attacking shots. 	<ul style="list-style-type: none"> I can consistently use a variety of fielding techniques when stopping, retrieving and catching. I understand the importance of the run up when bowling and I can bowl a good line and length. I can use several shots when batting, including forward defence, drive and pull shot. I can demonstrate communication when batting.
Year 9	<ul style="list-style-type: none"> I can sometimes use a variety of fielding techniques in terms of catching and retrieving. I understand basic wicket keeping including stance and catching. I can sometimes bowl accurately. I have limited success when demonstrating defensive and attacking shots. I understand some of the rules of the game and I can sometimes use tactics to outwit an opponent 	<ul style="list-style-type: none"> I can field effectively using a variety of techniques of catching, retrieving and wicket keeping. I can sometimes use different techniques of bowling including pace and spin I can sometimes achieve a good line and length I can sometimes use the appropriate batting shot in a game situation including forward defence, drive and pull shot. I understand the rules of the game and some tactics. 	<ul style="list-style-type: none"> I can consistently use a variety of fielding techniques when stopping, retrieving and catching. I understand the importance of the run up when bowling and I can bowl line and length. I can vary the pace of bowling and can use spin. I can use several shots when batting, including forward defence, drive and pull shot. I can demonstrate communication when batting. 	<ul style="list-style-type: none"> I can demonstrate the ability to outwit an opponent using a range of bowling, batting and fielding techniques. I understand the laws of the game. I can demonstrate a variety of tactics based on the placement of the ball in relation to fielders. I can demonstrate control and timing in shot execution and I can deal well with a variety of deliveries.



Rounders



	Foundation (1-3)	Developing (4-5)	Secure (6-7)	Excellence (8-9)
Year 7	<ul style="list-style-type: none"> I show basic throwing and catching over a short distance. I cannot return the ball from the deep field. I can list 2 rules. I don't really mind where I play as I don't know the roles of each position. I have some idea of the batting stance, however I rarely make contact. Demonstrates basic bowling action. Inconsistent with high % of no balls. 	<ul style="list-style-type: none"> I can show basic throwing and catching over a short distance. I can sometimes return the ball from the deep field but like to have a link chain to help. I can list at least 3 basic rules. I am starting to figure out where I am suited to play. I can demonstrate a batting stance and make contact only sometimes. Demonstrates a basic bowling action. I still have a high % of no balls but I do good balls sometimes. 	<ul style="list-style-type: none"> I can throw and catch the ball well over short distances. I am now starting to throw and catch the ball with more accuracy over longer distances. I can list more than 3 rules and can start to apply the rules to the game and tell others what to do. I can demonstrate the correct batting stance and hit less than 40% of balls with little control and direction. I am starting to get the correct bowling technique however I still do a number of no balls but more good bowls are prevalent. 	<ul style="list-style-type: none"> I can sometimes catch the ball at different heights/speeds. I show some accuracy when throwing. I play in my favourite position and recall some of the rules. I apply the rules to the game. I demonstrate the correct batting stance and hit 50% of balls however not all have control and direction. There is evidence of the correct stepping action when bowling. I do a mixture of good balls/ no balls. I do the same bowls each time.
Year 8	<ul style="list-style-type: none"> I can sometimes catch the ball at different heights/speeds. I show some accuracy when throwing however it is inconsistent. I play in my favourite position and recall some of the rules. I demonstrate a batting stance and hit less than 40% of balls with little control and direction. There is evidence of the stepping action when bowling, however high levels of inconsistency and no evidence of variety of balls. 	<ul style="list-style-type: none"> I can regularly catch the ball from different heights and speeds. I struggle to get the ball back to the posts quickly/ accurately. I can recall most of the rules however I don't always perform as well within games. I demonstrate the correct batting stance, contact about 40% of balls. I don't have much control or show specific direction. I use the correct bowling action most of the time however need reminding or the correct action. A few no balls. 	<ul style="list-style-type: none"> I can catch the ball regularly and confidently from different heights/ speeds and can return the ball with accuracy most of the time. I know most of the rules and can anticipate most hits so adjust my fielding position. I demonstrate the correct batting stance making contact 50% or less with the ball. I am starting to show control and direction. I use the correct stepping action. I use the same ball action, with a few no balls. 	<ul style="list-style-type: none"> I can catch the ball confidently and return the ball with accuracy, quickly most of the time. I can adjust fielding positions in anticipation of a hit and can play well in at least 1 of batting, fielding, bowler. I can demonstrate the correct batting stance, good grip, contact with 50-60% of balls. I can show control and direction most of the time. Evidence of correct stepping action. Few no balls. Consistent same speed and height.
Year 9	<ul style="list-style-type: none"> I can catch the ball confidently and return the ball with accuracy most of the time. I can adjust fielding positions in anticipation of a hit and can play well in at least 1 of batting, fielding, bowler. I can demonstrate the correct batting stance, good grip, contact with 50-60% of balls. Evidence of correct stepping action. Few no balls. Consistent same speed and height. 	<ul style="list-style-type: none"> I can catch the ball most of the time within deep field and use the long barrier. I can overarm and underarm throw with accuracy returning the ball back to base quickly. I influence the game in most roles, back up and change field positions when need too. I can demonstrate the correct batting stance, good grip, and contact with 50-60% of balls. I can sometimes place accordingly to fielders. Evidence of correct stepping action and balls more consistent - a few no balls. Evidence of a variety of speed. 	<ul style="list-style-type: none"> I can retrieve (using the long barrier and pick up on the run) and throw the ball back to posts with consistent accuracy. I know the role of and can play in more than one position, specialising either as a batsman, fielder or bowler. I can adopt the correct batting stance with a good grip making contact with 50-70% balls. I can place balls according to field placing's most of the time. Few no balls when bowling. Evidence of variety-speed, height and spin. 	<ul style="list-style-type: none"> I can retrieve (using the long barrier and can pick up on the run, attacking or chasing the ball) and throw accurately/ consistently with varying height and length. I can play in any position with great authority and exert pressure on batsperson at all times. I can adopt a good ready position, regular contact with 70 - 80% of balls. I can place ball according to field placing's into open areas. Occasional no balls when bowling. Evidence of variety -speed, height and spin.