

2024-2025 United Learning PE and Health curriculum KPIs

Total Points - 100



Year	Fit to Perform		Fit to Lead		Fit for Life	
	SKILLS		LEADERSHIP		LIFESTYLE	
7	1 Performance 20 Points	Effectively performs a range of actions, skills, and techniques with control, combining them appropriately both in isolation and game play settings.	4 Partnership 6 Points	Successfully leads a partner in the warmup showing respect, empathy, and good cooperation skills in doing so.	7 Physical performance 10 Points	Demonstrates appropriate cardiovascular fitness, muscular strength, and muscular endurance across activities, including being able to complete periods of sustained exercise.
	2 Tactics 16 Points	Successfully employs simple tactics or creative processes in practical settings.	5 Communication 6 Points	Understands simple tactics or creative ideas and can communicate those effectively using good verbal and non-verbal skills.	8 Diet 10 Points	Knows and can explain how physical activity and diet contributes to a healthy lifestyle.
	3 Analysis 16 Points	Accurately describes their own and others' performances, using appropriate vocabulary and concepts to identify main strengths and areas for improvement.	6 Role Model 6 Points	Leads by example in lessons through their enthusiasm and determination to achieve their best and overcome challenges.	9 Body 10 Points	Know and can identify basic structures of the body including muscles. Know and can describe Heart rate and changes during exercise.
8	1 Performance 20 Points	Selects, combines, and performs skills with technical proficiency and fluency in response to more complex situations, both in isolation and when put under pressure.	4 Leading a small group 6 Points	Successfully leads and motivates a small group / team in the warmup and skills sessions demonstrating confidence and good organisational skills.	7 Physical Fitness 10 Points	Sustains exercise for duration of activity demonstrating good levels of cardiovascular fitness, muscular strength, muscular endurance, and power.
	2 Tactics 16 Points	Successfully employs a range of more complex tactics or creative processes and adapts them to changing environments.	5 Communicating Tactics 6 Points	Understands more complex tactics or creative ideas and can communicate those effectively using good verbal and non-verbal skills.	8 Mental, Social and Physical Health	Know and can explain the importance of nutrition and activity levels in the promotion of mental, social, and physical well-being.



	3 Analysis 16 Points	Accurately explains and evaluates the effectiveness of their own and/or others' performances and suggests appropriate improvements.	6 Role Model, self- reflection	Leads by example in lessons through their enthusiasm and determination to make progress towards ambitious personal challenges and/or goals in PE	9 Components of Fitness 10 Points	Know and can explain components of fitness and apply them to sports demonstrating understanding of what is required to be a successful athlete.
9	1 Performance 20 Points	Shows imagination when performing more advanced skills with control, accuracy and fluency in a game situation or performance setting.	4 Officiating 6 Points	Confidently undertakes leadership and officiating roles showing a good knowledge and application of appropriate rules/laws and effective communication skills.	7 Physical Fitness 10 Points	Consistently meets the strenuous exercise demands required for specific activities, combining muscular strength, power and cardiovascular fitness and speed to excellent effect.
	2 Tactics 16 Points	Successfully employs advanced decision-making skills in a competitive game situation or to create dynamic routines/sequences/ set plays.	5 Inclusion 6 Points	Sensitively adapts activities (using the STEP principle) when leading peers of different abilities so that they are included and supported to succeed.	8 Personal Health 10 Points	Know and can explain the importance of nutrition/ energy expenditure/ activity intensities and sleep in the promotion of mental, social, and physical well-being.
	3 Analysis 16 Points	Accurately analyses and evaluates the effectiveness of their own and/or others' team/group performances and implements appropriate improvements.	6 Resilience, Self- Reflection 6 Points	Proves to be an effective role model in lessons and extracurricular by applying themselves fully in a range of contexts, pursuing ambitious personal challenges and showing resilience to overcome setbacks.	9 Methods of training 10 Points	Know and can explain how to use different methods of training to improve their health and well-being.
Exceeds Year 9 Age Related Expectations						
FIT TO PERFORM Performs and applies advanced skills and tactics to positively influence a competitive team/group performance and accurately reflects on their contribution.		FIT TO LEAD Fulfils leadership roles in their own time that support the PE department in improving the provision for other students.		FIT FOR LIFE Uses knowledge of health and fitness to plan, implement and monitor a physical activity programme for themselves and/or others.		

