

Physical Education Y7 - TERM 1.1



I APPLY

- Apply tactics and skills in competitive play.
- Use rules and strategies to improve performance.
- Take responsibility in team roles.
- Adjust performance using feedback.



I EVALUATE

- Identify strengths and areas to improve.
- Give specific, helpful feedback.
- Reflect on how preparation affects performance.
- Explain performance using key terms.
- Suggest ways to improve outcomes.



I INTERPRET

- Describe emotional and social benefits of sport.
- Show empathy and respect in activities.
- Read and respond to cues in games.
- Communicate clearly in teams.



I PRACTISE

- Practice skills with control and focus.
- Target key areas for improvement.
- Fully engage in warm-ups and drills
- Show resilience in challenging tasks.

I READ

[GCSE Physical Education - Edexcel - BBC Bitesize](#)

I LEARN

Health Related Fitness Skills

Racket Sports

Aesthetic Sports

Attacking and Defending

Net Sports