





Check your knowledge - Badminton Years 7 & 8

Declarative Knowledge (what you know)					Procedural Knowledge (what you show)				
									
Knowledge of Rules	<ul style="list-style-type: none"> • Service • Scoring system - (Faults & lets) • Court markings 				Application of rules	<ul style="list-style-type: none"> • Can apply the service rule consistently & accurately • Can score correctly and signal appropriately • Can officiate with confidence 			
Knowledge of tactics	<ul style="list-style-type: none"> • Knows how to serve to gain an advantage • Knows how to sequence shots accurately • Knows the importance of ready & recovery position 				Application of tactics	<ul style="list-style-type: none"> • Can demonstrate both the forehand short & long serve • Is able to hit the corners consistently and accurately • Adopts the correct ready position at all times 			
Knowledge of skills	<ul style="list-style-type: none"> • Knows the perfect model for the serve • Knows the perfect model for any overhead shots • Knows how & why footwork patterns are important • Knows where to position themselves 				Application of physical skills	<ul style="list-style-type: none"> • Can serve to gain an advantage • Demonstrates an accurate preparation phase for all overhead shots • Demonstrates an accurate execution phase for any overhead shot • Demonstrates good footwork (pivots & lunges) 			
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> • Understands the effects of a warm up on the body • Knows how leading an active healthy lifestyle benefits physical and mental well being • Can identify key components of fitness 				Application of a healthy lifestyle	<ul style="list-style-type: none"> • Can lead an effective warm up to their peers • Actively takes part in physical activity for at least 60 mins a day • Competes at school or in the community 			
Knowledge of character skill	<ul style="list-style-type: none"> • Can explain examples of the character skills and their importance • Understands the importance in sport & life 				Application of character skill	<ul style="list-style-type: none"> • Demonstrates the character skill in sport and life consistently • Encourages others to modify their actions to replicate the skill 			



Check your knowledge - Football Years 7 & 8

Declarative Knowledge (what you know) 				Procedural Knowledge (what you show) 				
Knowledge of Rules	<ul style="list-style-type: none"> • Can explain the Offside rule • Knows the difference between direct & indirect freekicks • Knows why a penalty would be awarded 			Application of rules	<ul style="list-style-type: none"> • Can apply the offside rule • Is able to award & signal freekicks • Can officiate with confidence 			
Knowledge of tactics	<ul style="list-style-type: none"> • Knows how to defend 1v1 • Knows how to defend as a unit • Knows how to outwit an opponent • Knows different attacking tactics (overlaps / high press) 			Application of tactics	<ul style="list-style-type: none"> • Can demonstrate good defensive technique 1v1 • Recognises when to cover a teammate • Can use attacking strategies to beat a player 1v1 • Is able to modify tactics as the game demands 			
Knowledge of skills	<ul style="list-style-type: none"> • Knows the perfect model for a variety of passing techniques (instep / driven pass) • Knows how to dribble and turn with the ball • Knows how control the ball using different surfaces (instep, outside of foot, chest) • Knows where to position themselves to affect a game in attack & defense) 			Application of physical skills	<ul style="list-style-type: none"> • Can pass using the instep and laces with accuracy, fluency and control • Can dribble the ball with speed and accuracy, turning when appropriate • Able to create time & space with their first touch • Moves intelligently to create or deny space in attack & defense 			
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> • Understands the effects of a warm up on the body • Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of a healthy lifestyle	<ul style="list-style-type: none"> • Can lead an effective warm up to their peers • Actively takes part in physical activity for at least 60 mins a day • Competes at school or in the community 			
Knowledge of character skill	<ul style="list-style-type: none"> • Can explain examples of the character skills and their importance • Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> • Demonstrates the character skill in sport and life consistently • Encourages others to modify their actions to replicate the skill 			



Check your knowledge - Rugby Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of Rules	<ul style="list-style-type: none"> Can explain the offside rule at a ruck & in open play Knows when a why a line out or a scrum is awarded 			Application of rules	<ul style="list-style-type: none"> Is able to remain onside throughout a game in all situations All contact remains legal in competition Can coach their peers to avoid infringements 		
Knowledge of tactics	<ul style="list-style-type: none"> Knows how to defend 1v1 Knows how to defend as a unit Knows how to outwit an opponent in attack Knows different attacking tactics 			Application of tactics	<ul style="list-style-type: none"> Can demonstrate good defensive technique 1v1 Recognises when to cover a teammate Can use attacking strategies to beat a player 1v1 Is able to modify tactics as the game demands 		
Knowledge of skills	<ul style="list-style-type: none"> Knows the perfect model for a variety of passing techniques (pop & spin pass) Knows how to tackle safely & effectively Know how to present the ball correctly when going to ground 			Application of physical skills	<ul style="list-style-type: none"> Can pass using dominant hand Can tackle on dominant side Can side step and beat a defender Can present the ball accurately when going to ground 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		

Check your knowledge - Netball Years 7 & 8

Declarative Knowledge (what you know)					Procedural Knowledge (what you show)				
									
Knowledge of Rules	<ul style="list-style-type: none"> Recognises footwork violations Understands obstruction & Contact Is able to recognise when a player is offside Knows court markings 				Application of rules	<ul style="list-style-type: none"> Can apply the offside rule Is able to apply the 3 basic rules from year 7 Can officiate with confidence and signal respective violations 			
Knowledge of tactics	<ul style="list-style-type: none"> Understands first stage of defense Understands second stage of defense Understands attacking strategies (dodge / double dodge & roll) 				Application of tactics	<ul style="list-style-type: none"> Can demonstrate good defensive technique 3 feet / man / deny the space. Accurate timings of interceptions are a feature Can use attacking strategies sprint/dodge/roll Is able to modify tactics as the game demands 			
Knowledge of skills	<ul style="list-style-type: none"> Knows the perfect model for a variety of passing techniques (chest & shoulder) Knows different footwork patterns (landing 1-2 & pivot) Knows how to attack the ball Knows how the technique at each stage of defense differs (1/2/3) 				Application of physical skills	<ul style="list-style-type: none"> Can pass using the appropriate pass with accuracy, fluency and control Can apply attacking principles to create space Able to defend and communicate with their team when to apply pressure. Moves intelligently around the court to create or deny space in attack & defense 			
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 				Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 			
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 				Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 			

Check your knowledge - Dance Years 7 & 8

Declarative Knowledge (what you know) 				Procedural Knowledge (what you show) 				
Knowledge of Technical Skills	<ul style="list-style-type: none"> Has knowledge of the 5 basic actions in dance (travel, turn, jump, gesture, stillness) Understands what a stimulus is in dance Understands the perfect model for technique 			Application of Technical skills	<ul style="list-style-type: none"> Can perform the 5 basic actions in a dance routine Can create bespoke actions that relate to a stimulus (theme) 			
Knowledge of Expressive skills	<ul style="list-style-type: none"> Has knowledge of 4 expressive skills in dance (Focus, Musicality, Projection, Sensitivity to other dancers). Has knowledge of how expressive skills can help communicate the stimulus to an audience Can identify strengths and areas for improvement in own and others work 			Application of Expressive skills	<ul style="list-style-type: none"> Can apply 4 expressive skills when performing a dance phrase (Focus, Musicality, Projection, Sensitivity to other dancers). Can use expressive skills in dance to communicate the dance stimulus to the audience Performs a dance with precision, control & fluency 			
Knowledge of Choreographic Devices	<ul style="list-style-type: none"> Understands what a motif is in dance Understand how to develop a motif through the RADS (Relationships, Actions, Dynamics, Space) Understand how to inject excitement into a dance through highlights and climaxes 			Application of Choreographic Devices	<ul style="list-style-type: none"> Can create a motif based on a theme in dance Can develop a dance motif using a variation of RADS (Relationships, Actions, Dynamics, Space) Can inject excitement into their choreography by adding highlights and climaxes 			
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 			
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 			

Check your knowledge - Volleyball Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of Rules	<ul style="list-style-type: none"> Knows the rotation rule for service Has knowledge of court markings Knows how a point is awarded (legal & illegal body contact) 			Application of rules	<ul style="list-style-type: none"> Consistently applies the rotation rule on service Avoids illegal contact with the ball Can officiate with confidence 		
Knowledge of tactics	<ul style="list-style-type: none"> Knows how to set up an attacking formation Knows how to set up a defensive formation Know how to set up an attack from serve 			Application of tactics	<ul style="list-style-type: none"> Demonstrate good defensive technique at the net Can create set plays mid court and at the net Is able to modify tactics as the game demands 		
Knowledge of skills	<ul style="list-style-type: none"> Can describe the ready position and explain its importance Knows the perfect model for a set Knows the perfect model for a serve Knows where to position themselves to affect a game 			Application of physical skills	<ul style="list-style-type: none"> Adopts the correct ready position from serve Can set a ball with control, accuracy & consistency Is able to dig with good height & direction Can perform a variety of serves to gain an advantage 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being Knows how training can impact on fitness 			Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community Can apply training principles to their own fitness programme 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		

Check your knowledge - Fitness Years 7 & 8

Declarative Knowledge (what you know)					Procedural Knowledge (what you show)				
Knowledge of components of fitness	<ul style="list-style-type: none"> Understands the different components of health & skill related fitness Can give examples of when each component in sport is used Understands the terms aerobic & anaerobic 				Application of components of fitness	<ul style="list-style-type: none"> Has high levels of fitness across all different components Trains regularly outside of school in at least 1 sport Is able to work both aerobically & anaerobically 			
Knowledge of training methods	<ul style="list-style-type: none"> Can accurately describe different methods of training (circuit / interval & continuous) Understands how principles of training are applied (specificity, progressive-overload) Can link appropriate methods of training to each component 				Application of training methods	<ul style="list-style-type: none"> Can perform each method of training with good technique & intensity and no need for additional recovery time Can design & perform a circuit to develop different components of fitness linked to sport 			
Knowledge data collection / testing	<ul style="list-style-type: none"> Knows the difference between resting heart rate / working heart rate and recovery heart rate Understands the formulae for calculating HR training zones (220-age) Understands the protocols for different fitness tests (S&R/T-Test/Cooper run/30m/) 				Application of fitness tests	<ul style="list-style-type: none"> Can collect and plot data accurately in relation to heart rate (resting / working / recovery) Can administer accurately the tests and achieve outcomes in line with normative data Can calculate appropriate training zones to work at varying intensities 			
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Understands the term balanced diet and its importance Knows how leading an active healthy lifestyle benefits physical and mental well being 				Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 			
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 				Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 			

Check your knowledge - Cricket Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of Rules	<ul style="list-style-type: none"> Knows when a wide ball is bowled Knows when a no ball is bowled Knows the signals for a wide & no ball Can identify different ways you can be out 			Application of rules	<ul style="list-style-type: none"> Makes accurate decisions when to play or leave shots in relation to wides & no balls Can umpire using the correct signals Can score accurately 		
Knowledge of tactics	<ul style="list-style-type: none"> Knows how to set a field to pressure the batsman Knows which areas to bowl and why Knows which shots are linked to which bowling deliveries 			Application of tactics	<ul style="list-style-type: none"> Makes accurate decisions in which wicket to throw the ball Can bowl in areas that puts the batsman under pressure As a batter is able to select shots to avoid a fielder 		
Knowledge of skills	<ul style="list-style-type: none"> Knows the grip and stance in preparation for striking the ball Knows the technique for overarm bowling Knows the techniques for retrieving the ball (long & short barrier) 			Application of physical skills	<ul style="list-style-type: none"> Can play both attacking and defensive shots off the front or back foot Can bowl overarm with good line & length and few no balls or wides evident Demonstrates good fielding skills including retrieval and an accurate overarm throw 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		

Check your knowledge - Rounders Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of Rules	<ul style="list-style-type: none"> Knows the rules associated with bowling (no ball, continuous movement, underarm) Applies the rule of being out in relation to run out, caught, stumped, inside post, stepping over front of batting box) Knows when a full or half rounder is awarded 			Application of rules	<ul style="list-style-type: none"> Strong knowledge enables the batsman to run at the appropriate time, every time Can umpire using the correct signals Can score accurately 		
Knowledge of tactics	<ul style="list-style-type: none"> Knows the value of the golden triangle, bowler, back stop first Know how & why a bowler should vary their delivery Knows how to set field to pressure the batsman 			Application of tactics	<ul style="list-style-type: none"> When bowling is able to vary the height, speed and spin of delivery As a batter is able to direct their shot according to the field, including attempting a back hand Adopts intelligent positions in the field to pressure the batsman 		
Knowledge of skills	<ul style="list-style-type: none"> Knows the grip and stance in preparation for striking the ball Knows the techniques for both overarm and underarm throwing Knows the techniques for retrieving the ball (long & short barrier) 			Application of physical skills	<ul style="list-style-type: none"> Can perform effectively in any role within the golden triangle Bowls consistently without any no balls evident Demonstrates good fielding skills including retrieval and an accurate overarm throw 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		

Check your knowledge - Athletics Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of rules	<ul style="list-style-type: none"> Understands the different disciplines of track & field events Knows the rules within each discipline and so can officiate with confidence Can measure accurately 			Application of rules	<ul style="list-style-type: none"> Avoids being disqualified through accurate application of the rules Can officiate with confidence in either a throw, jump or race. 		
Knowledge of tactics	<ul style="list-style-type: none"> Understands the importance of pacing when running middle of long distances Knows that in throwing events, releasing with an optimal angle will increase the distance 			Application of tactics	<ul style="list-style-type: none"> Can judge when to accelerate in races to maximise their chances of achieving a personal best 		
Knowledge of skills	<ul style="list-style-type: none"> Can explain how skills are broken down into preparation and execution phases in either a throw or a jump Knows why arm and leg action are important to maximise speed or energy when running Can accurately assess a person's performance and feedback appropriately 			Application of skills	<ul style="list-style-type: none"> Demonstrates good preparation and execution phases of the techniques used in jumping and throwing events Can run with good form in aerobic or anaerobic races Can link skills accurately where appropriate, such as the run up and the jumping phase 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Understands the term balanced diet and its importance Knows how leading an active healthy lifestyle benefits physical and mental well-being 			Application of a healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		

Check your knowledge - Tennis Years 7 & 8

Declarative Knowledge (what you know)				Procedural Knowledge (what you show)			
Knowledge of Rules	<ul style="list-style-type: none"> Knows how to score correctly in singles Understands the court markings for singles & doubles knows the difference between a let and fault 			Application of rules	<ul style="list-style-type: none"> Can officiate accurately calling lets or faults where appropriate Applies the service rule correctly during competition 		
Knowledge of tactics	<ul style="list-style-type: none"> Knows how serving to different areas increase your chances of winning Know which shots are played from which area of the court 			Application of tactics	<ul style="list-style-type: none"> Can move their opponent around court through the use of angled shots Can serve to gain an advantage Can play the appropriate shot at the net or from the baseline 		
Knowledge of skills	<ul style="list-style-type: none"> Knows the grip and stance in preparation for receiving the ball Knows where to position themselves in relation to the ball when preparing to hit Can explain the preparation & execution phases for groundstrokes 			Application of physical skills	<ul style="list-style-type: none"> Adopts the ready position consistently in preparation for hitting the ball Strikes the ball consistently at the appropriate height off a ground stroke Can serve overarm with accuracy 		
Knowledge of healthy lifestyle	<ul style="list-style-type: none"> Understands the effects of a warm up on the body Knows how leading an active healthy lifestyle benefits physical and mental well being 			Application of healthy lifestyle	<ul style="list-style-type: none"> Can lead an effective warm up to their peers Actively takes part in physical activity for at least 60 mins a day Competes at school or in the community 		
Knowledge of character skill	<ul style="list-style-type: none"> Can explain examples of the character skills and their importance Understands the importance in sport & life 			Application of character skill	<ul style="list-style-type: none"> Demonstrates the character skill in sport and life consistently Encourages others to modify their actions to replicate the skill 		