


Parent speak – PE AwL

Knowledge and understanding	Skills of the subject	Using the language of the subject	 Progress
understand how to enhance performance through improving fitness levels.	show a range of appropriate skills, techniques and ideas to new or changing situations, with precision and control.		
understand how the body reacts to different types of exercise.	select and apply a range of appropriate skills, techniques and ideas in challenging situations, with control.	Use subject language with precision	
understand which fitness components are needed (and how they are used) in different activities.	select and apply a moderate range of appropriate skills, techniques and ideas in competitive situations.	Use subject language in discussions	
name the major components of fitness.	use a limited range of appropriate skills, techniques and ideas in practices and non-competitive situations	Make sense when talking about 'subject' points. Able to comment on the 'subject points' made by others.	
name some benefits of having and keeping a healthy and active lifestyle.	select a limited range of appropriate skills, techniques and ideas.	Extract main points when listening	