

## National Curriculum Levels – X Country

Points	Tactics of running	Performance and time	Warm ups	Watching Others
1	I can run, jog and walk with an idea of pacing as to finish the course.	I can run with adequate fluency and efficiency; meeting a time of..	I can copy/follow basic warm up with stretching	I can watch others and sometimes say whether I am better than them or not.
2	I can run and jog with an idea of pacing as to finish the course stopping at points on the course (chasing pack).	I can run with some fluency and efficiency meeting a time of...	I can follow a warm up and give one reason as to why we warm up	I can watch others and say whether I am better than them or not.
<b>Y7 3</b>	I can run and jog with an idea of pacing as to finish the course without stopping (chasing pack).	I can run with some fluency and efficiency, showing the basics of pacing; meeting a time of of...	I know why we need to warm up for football and can follow a warm up	I can start to consider why another pupil is better than me or not.
<b>Y8 4</b>	I can run the course nonstop showing pacing, increasing speed at the start of the race to gain positioning in the leading pack.	I can run with some fluency and efficiency, showing the good pacing; meeting a time of of...	I can do a full warm up on my own for cross country	I can say why another pupil is better than me or not and attempt to improve
<b>Y9 5</b>	I can run the course nonstop showing pacing, increasing speed at the start and end of the race to positioning and finish strong within the leading pack.	I can run with some fluency and efficiency, showing the good pacing and other tactics; meeting a time of...	I can lead a small group in a warm up and say what we do and why we are doing it	I can say why someone is better than me and understand what I need to do to improve and attempt it.
6	I can run the course nonstop, maintaining a high pace throughout; including a good start and finish.	I can run with some fluency and efficiency, showing the good pacing and other tactics; meeting a time of...	I can lead a group in a warm up that is suitable for cross country and say why we are doing it	I can listen to what others tell me about my volleyball and use it to improve myself
7	I can run the course nonstop; maintaining a high pace throughout; including a good start and finish. Individual will often lead or be on the shoulder of the leader.	I can run with some fluency and efficiency, showing the good pacing and other tactics; meeting a time of...	I can lead a warm up that is structured to Cross Country and highlight specific muscles groups that are being used.	I can use feedback to improve myself and help others to improve also

Year 7	
1	2-7
2	8-10
3	11-12
4	13-15
5	16-19
6	20-23
7	24+
Year 8	
1	8-10
2	11-12
3	13-15
4	16-18
5	19-21
6	22-24
7	25+
Year 9	
1	9-11
2	12-13
3	14-16
4	17-19
5	20-21
6	22-25
7	26+

