

# KS3 Age Related Expectations

# PHYSICAL EDUCATION

YEAR 7

## APPROACHING STANDARD

I can copy, repeat and explore simple skills and actions with basic control and coordination. I can develop fundamental movement skills with some control and quality. I apply some skills in a modified practice/game/sequence. I can participate in all PE lessons and can follow a warm-up. I understand basic rules. I work with others in practices and evaluate to suggest simple ideas on how to make changes to my own and others' performances. I understand basic rules. I work with others in practices and evaluate to suggest simple ideas on how to make changes to their own and others' performances.

## AGE RELATED

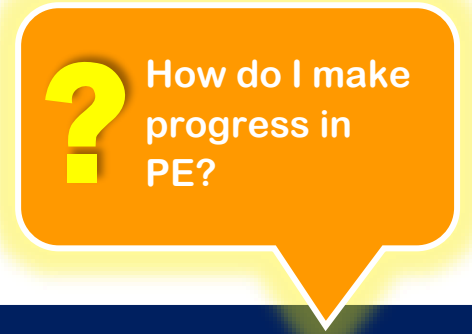
I can copy, remember, repeat and explore simple actions with control and coordination when performing skills in a practice situation. I can begin to show some understanding of simple tactics and basic compositional ideas. I actively participate in all PE lessons, demonstrating some impact in competitive situations. I can lead parts of a warm-up. I can evaluate the differences between my own and others' performance and suggest improvements.

## GREATER DEPTH

I can link skills, techniques and ideas and apply them accurately and appropriately. When performing, I can show precision, control and fluency. I can apply and execute a range of skills in competitive situations with success, showing some awareness of tactics and appropriate decision making. I actively participate in all PE lessons, demonstrating increasing impact in competitive situations. I can lead simple practices in small groups. I can evaluate skills, techniques and ideas used in my own and others' performance and can use this to improve.

## GREATER DEPTH PLUS

I can select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities. When performing in different physical activities, I can consistently show precision, control and fluency. I can use knowledge of strategy, tactics and composition to produce effective outcomes. I can adapt skills and techniques to improve my performance and in response to changing circumstances. I eagerly participate in all PE lessons, demonstrating significant impact in competitive situations. I can evaluate the application of skills, techniques and ideas in my own and others' performances.



## PROGRESSION

YEAR 8

## APPROACHING STANDARD

I can copy, remember, repeat and explore simple actions with control and coordination when performing skills in a practice situation. I can begin to show some understanding of simple tactics and basic compositional ideas. I actively participate in all PE lessons, demonstrating some impact in competitive situations. I am able to lead parts of a warm-up. I can evaluate the differences between my own and others' performance and suggest improvements.

## AGE RELATED

I can link skills, techniques and ideas and apply them accurately and appropriately. When performing, I can show precision, control and fluency. I can apply and execute a range of skills in competitive situations with success, showing some awareness of tactics and appropriate decision making. I actively participate in all PE lessons, demonstrating increasing impact in competitive situations. I can lead simple practices in small groups. I can evaluate skills, techniques and ideas used in my own and others' performance and can use this to improve.

## GREATER DEPTH

I can select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities. When performing in different physical activities, I can consistently show precision, control and fluency. I can use knowledge of strategy, tactics and composition to produce effective outcomes. I can adapt skills and techniques to improve my performance and in response to changing circumstances. I eagerly participate in all PE lessons, demonstrating significant impact in competitive situations. I can evaluate the application of skills, techniques and ideas in my own and others' performances.

## GREATER DEPTH PLUS

I can select and combine skills, techniques and ideas and use them in a wide range of physical activities and contexts. I can perform with consistent precision, control and fluency. I can use knowledge of strategy, tactics and composition, considering my own and others' strengths and weaknesses. I eagerly participate in all PE lessons, demonstrating significant impact in competitive situations. I can evaluate how skills, techniques and ideas have been used in my own and others' performances. I am able to suggest ways to improve.



## PROGRESSION

YEAR 9

## APPROACHING STANDARD

I can link skills, techniques and ideas and apply them accurately and appropriately. When performing, I can show precision, control and fluency. I can apply and execute a range of skills in competitive situations with success, showing some awareness of tactics and appropriate decision making. I actively participate in all PE lessons, demonstrating increasing impact in competitive situations. I can lead simple practices in small groups. I can evaluate skills, techniques and ideas used in my own and others' performance and can use this to improve.

## AGE RELATED

I can select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities. When performing in different physical activities, I can consistently show precision, control and fluency. I can use knowledge of strategy, tactics and composition to produce effective outcomes. I can adapt skills and techniques to improve my performance and in response to changing circumstances. I eagerly participate in all PE lessons, demonstrating significant impact in competitive situations. I can evaluate the application of skills, techniques and ideas in my own and others' performances.

## GREATER DEPTH

I can select and combine skills, techniques and ideas and use them in a wide range of physical activities and contexts. I can perform with consistent precision, control and fluency. I can use knowledge of strategy, tactics and composition, considering my own and others' strengths and weaknesses. I eagerly participate in all PE lessons, demonstrating significant impact in competitive situations. I can evaluate how skills, techniques and ideas have been used in my own and others' performances. I am able to suggest ways to improve.

## GREATER DEPTH PLUS

I can select and combine advanced skills, techniques and ideas and use them in a wide range of physical activities and contexts. I can perform with excellent precision, control and fluency. I can apply advanced strategies, tactics and composition in a variety of situations, considering my own and others' strengths and weaknesses. I eagerly participate in all PE lessons, demonstrating excellence in PE. I can evaluate how skills, techniques and ideas have been used in my own and others' performances. I can apply strategies to help me achieve improved performances.

