

How Can I Progress and Improve in PE?



	Practical Performance (PP)	Knowledge & Understanding (KU)	Coaching (C)	Leadership & Teamwork (LT)	Participation & Attitude (PA)	Fit 4 Life (F4L)
1	I can perform simple skills that are shown to me.	I can play an adapted version of the activity.	I can answer questions with the help of a teacher.	I can follow teacher direction.	I need help to remember my kit and need assistance to participate.	I can recognise when activities are physically hard.
2	I can perform simple skills with some confidence and success.	I can use compositional ideas that are suggested to me and know some basic rules when prompted.	I can answer questions about performance when asked.	I will talk to someone I know about the work. I can work with a partner with the help of a teacher.	I can sometimes remember my kit and try to participate independently.	I can describe what exercise is.
3	My skills sometime show control. I can show co-ordination when performing skills in a non-pressure situation.	I know some basic rules of the activity and can play by those rules. I can use some basic compositional ideas.	I can recognise a good performer.	I can work with a partner who I know independently.	I have my kit and participate in lessons. I will answer questions in class if the teacher directly asks me.	I know the difference between a non-active and active lifestyle. I sometimes become tired during the lesson.
4	I can perform skills with some precision, accuracy and control. I can link and combine skills correctly with some co-ordination.	I know and adhere to most rules of the activity. I understand some tactics and can apply them in a game. When choreographing I can use different compositional ideas.	I can recognise a good performer and give reasons why.	I can lead a basic warm up to a small group with a partner. I can work in a small group or team.	I am willing to participate in lessons and have a positive attitude towards PE. I have attended PE clubs. I am confident to answer questions in front of peers when asked.	I can describe how exercise affects your body and why it is important. I am physically active for most of the lesson.
5	I can consistently perform with precision, accuracy and control. I can choose, link and combine skills correctly in a range of situations with co-ordination.	I use my knowledge of tactics and composition to produce effective outcomes when performing.	I can recognise strengths and weaknesses in a performance and give reasons why.	I can perform basic refereeing and lead a basic drill to a small group directed by a teacher. I offer my ideas when working in a group.	I have the willingness to try new activities and will offer to demonstrate and answer questions. I attend an extra-curricular club at least once a week.	I can warm up and cool down correctly for a specific activity and explain why you do so. I perform tasks with a good level of intensity. I can perform fitness tests and record my results.
6	I can perform with balance, speed, strength and agility. I can choose, link and combine skills correctly in a range of situations consistently with fluency and co-ordination.	I have a good understanding of the rules and regulations of the activity. I can choose appropriate tactics for different situations and use different compositional ideas to entertain audiences. I have shown originality in my performances.	I can use my knowledge to suggest ways for my own and others improvement of performance	I have the confidence to be responsible for leading a small group in an aspect of the lesson, with some teacher input. I am able to listen to others and perform more than one role in a team or group. I always show respect to others.	I engage fully in lessons. I have good self-confidence and am eager to demonstrate and answer questions in front of peers. I attend PE clubs and have represented the school in extra-curricular activity.	I can identify key fitness components of different activities. I can explain in detail the effects of exercise. I show some understanding of how to improve my health and fitness.

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7	I can consistently perform with balance, speed, strength and agility when performing advanced skills in a range of activities. I can choose, link and combine advanced skills and techniques in a range of situations consistently with fluency and accuracy.	I can apply strategy, tactics and compositional ideas very well. I can make decisions during a game or performance and modify my skills in response to changing circumstances or other players/performers. I often show originality and flair.	I can analyse and comment on my own and others performance and the skills and techniques applied	I am able to lead a group and have the confidence to offer praise and encouragement. I have helped with school events in a leadership role. I am an assertive referee. I take on board everyone's ideas and help my group/team to co-operate with each other. I display and encourage fairness.	I always engage in lessons with a real willingness to participate and make progress. I am a reliable member of a school team.	I can demonstrate high levels of intensity during PE lessons. I know different methods of training and can make decisions about which ones would be most appropriate.
8	I can perform in complex situations showing high levels of balance, speed, strength and agility. I can choose, link and combine advanced skills and techniques in high pressure situations consistently with fluency and accuracy.	My knowledge of the rules is excellent. I can apply advanced strategy, tactics and compositional ideas. I can use strategies to overcome almost any opposition. My performances consistently show originality and flair.	I can analyse and comment on my own and others work showing an understanding of what makes a performance effective.	I am an excellent leader and am part of the leadership academy. I can take a small group and help improve weaknesses with little or no guidance. I am willing to work with anyone in a group and team and am always fully supportive.	I engage in lessons with a real willingness to learn and make progress in any role I am given. I always offer assistance to my teacher. I show passion and encouragement of others when performing for the school.	I can suggest ways to improve elements of fitness and health in my own and others performance. I understand the term target zone and consistently work within this zone during lessons.
9	I can perform in complex situations showing exceptional levels of balance, speed, strength and agility. I can choose, link and combine advanced skills and techniques in high pressure situations consistently with exceptional fluency and accuracy.	I can use my knowledge of strategy, tactics and composition to have a very positive and highly influential effect in competitive situations and performances. I can direct others in various tactical situations.	I can critically analyse and evaluate using correct terminology to aid successful high level performance	I am an outstanding leader and volunteer to help run school clubs and lead or officiate in the community on a regular basis. My leadership work has inspired others to get involved in sport.	I use my enthusiasm to actively encourage others to participate and progress. I show I have great aspirations to succeed at a high level in sport outside school.	I know the principles of training and can explain how they can be applied to help improve fitness levels.
10	I currently perform at regional level or above in a sport outside of school.	I have a recognised officiating qualification.	I have achieved recognised coaching qualifications.	I have achieved recognised leadership qualifications.	I have gained a red pin badge and achieved my Dof E bronze award.	