

PE Curriculum Strands

Grades	Practical Performance	Knowledge & Understanding	Coaching	Leadership & Teamwork	Participation & Attitude	Fit4Life
8-9	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 currently perform at regional level or above outside of school.	My knowledge of the rules is excellent. 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 can create and develop a range of practices to help support the learning of myself and others. I have achieved recognised coaching qualifications, and/or support/coach teams either in school or in my own time.	I really enjoy acting as a leader and can take a small group and help improve weaknesses with little or no guidance. I am an outstanding leader and often volunteer to help run school events and lead or officiate in the community on a regular basis. My leadership work has inspired others to get involved in sport.	I am fully engaged in my PE lessons and engage in all aspects of PE. I am keen to learn, develop and support others. 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 or to be physically active and improve my fitness in my chosen activity.	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. I know the principles of training and can explain how they can be applied to help improve fitness levels.
6-7	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 competitive 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, flair and consistency.	I can analyse and comment on my own and others work showing an understanding of what makes a performance effective. I can offer additional activities to help support further. I am confident in my own sport(s).	I am able to lead a group and have the confidence to offer praise and encouragement. I have adopted a leadership role in PE outside of the leadership unit. 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 engage in lessons with a real willingness to learn and make progress in any role I am given. I am always prepared for my lessons and attend with all necessary kit and equipment. I always help my teacher. I	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 for a range of activities.
4-5	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 can perform most skills competently in a competitive environment.	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 use my knowledge to suggest ways for my own and others improvement of performance. I am working on improving my own understating of sports performance to help support my learning. I engage fully in self and peer assessment opportunities in lesson.	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 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.
2-3	I can perform a range of skills from a variety of different sports and activities with some precision, accuracy and control. I can link and combine skills correctly with some co-ordination. I work well in isolation and perform skills well in a non-competitive environment.	I use my knowledge of tactics and composition to produce effective outcomes when performing. I can identify the rules/laws of the game or activity from the role of an official and performer.	I can recognise strengths and weaknesses in a performance and give reasons why. I can link activities completed in class to areas of personal development.	I can lead a basic warm up to a small group with a partner. I can work in a small group or team effectively. I am able to provide ideas for group work but allow others to lead.	I am willing to participate in lessons and have a positive attitude towards PE. I have attended PE clubs or other physical activities outside of school. I am confident to answer questions in front of peers when asked.	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.
1	My skills sometime show control. I can show co-ordination when performing skills in a non-pressure situation. I am developing a range of techniques and tactics to support my performance.	I can engage in a range of activities following basic rules of the activity and can play by those rules. I can use some basic compositional ideas to create variety and engaging performances.	I can recognise a good performer and give reasons why.	I can work independently or part of a small group in a range of different practical activities.	I attend PE lessons with my kit and participate in the chosen activity.	I can describe how exercise affects your body and why it is important. I am physically active for most of the lesson. I understand the benefit of a warm up/cool down.