




KS3- Core PE	<p style="text-align: center;">Head</p> <ul style="list-style-type: none"> ● Knowledge of skills, rules & tactics. ● Peer analysis/ coaching ability. ● Creativity & composition. ● Decision making in a competitive environment. 	<p style="text-align: center;">Heart</p> <ul style="list-style-type: none"> ● Resilience in ALL lessons ● Teamwork skills ● Leadership skills ● Respect to peers: teammates and opponents 	<p style="text-align: center;">Hands</p> <p>Physical competence:</p> <ul style="list-style-type: none"> ● Skills ● Coordination ● Endurance ● Speed/Power 
<p>Excelling</p>	<p>Knowledge of skills, rules and tactics are of an advanced level for their age. These can be demonstrated consistently well-verbally and kinaesthetically. High levels of confidence and oracy skills are shown when coaching and leading others during lessons. Performers will have a vast vocabulary of sporting terminology which are used regularly in lessons.</p> <p>Knowledge of positions and roles within invasion games/team sports are adept. Gymnastics/dance routines are highly creative and composition skills are competent in gymnastics/dance.</p> <p>Decision making in a competitive environment is excellent. The performer will almost always take advantage of an opponent's weaknesses in a competitive</p>	<p>Is extremely active in lessons.</p> <p>Consistently demonstrates outstanding levels of effort/resilience and will rarely give up on any physical or mental challenge they are presented with.</p> <p>Has a competent understanding of the benefits of exercise to physical, emotional and social well being.</p> <p>Always demonstrates excellent levels of behaviour and sportsmanship. Rarely commits fouls or acts of gamesmanship in competitive scenarios.</p> <p>Can enthuse others to demonstrate similar behaviour as a result of their leadership skills/being an outstanding role model.</p>	<p>Has advanced levels of cardiovascular endurance, core strength, power, speed and coordination for their age group. Will always look to challenge themselves physically.</p> <p>Can consistently perform and link complex skills/techniques across a range of activities & situations with refinement, control, precision & fluency. These skills can be in an unopposed/opposed environment.</p> <p>Has adept levels of coordination when demonstrating skills, even when under pressure in a competitive scenario. These can be clearly identified through striking and fielding games and racquet sports.</p>

	<p>environment and use appropriate strategies and tactics to be successful.</p>	<p>Can often resolve peer/group issues & conflicts.</p>	<p>Has a high resistance to fatigue and can sustain moderate to high levels of aerobic exercise for prolonged periods of time before tiring.</p> <p>Levels of speed and/or power are outstanding and can be clearly demonstrated through all activities, specifically invasion games, gymnastics and athletics.</p>
<p>Securing</p>	<p>Knowledge of skills, rules and tactics are competent when demonstrated verbally and kinaesthetically.</p> <p>Confidence levels and oracy skills are proficient when coaching and leading others during lessons.</p> <p>High levels of confidence and oracy skills are shown when coaching and leading others during lessons. Performers will have a large vocabulary of sporting terminology which are used regularly in lessons. Knowledge of positions and roles within invasion games/team sports are good.</p> <p>Creativity and composition skills are good in gymnastics/dance.</p> <p>Decision making in a competitive environment is tactically correct on a regular basis. The performer will often</p>	<p>Is very active in lessons. Will demonstrate excellent levels of effort/resilience and will rarely give up on any physical or mental challenge they are presented with.</p> <p>Has a good understanding of the benefits of exercise to physical, emotional and social well being.</p> <p>Demonstrates high levels of behaviour and sportsmanship. Rarely commits fouls or acts of gamesmanship in competitive scenarios.</p> <p>Can sometimes enthuse others to demonstrate similar behaviour as a result of their leadership skills/being an excellent role model.</p>	<p>Has very good levels of cardiovascular endurance, core strength, power, speed and coordination for their age group. Will regularly look to challenge themselves physically.</p> <p>Can consistently perform and link most skills/techniques across a range of activities & situations with refinement, control, precision & fluency. These skills can be in an unopposed and sometimes opposed environment.</p> <p>Has good levels of coordination when demonstrating skills, but can worsen in a competitive scenario. These can be clearly identified through striking and fielding games and racquet sports.</p>

	<p>take advantage of the opponent's weaknesses and use appropriate strategies and tactics to be successful.</p>		<p>Has a moderate to good resistance to fatigue and can sustain low levels of aerobic exercise for prolonged periods of time before tiring.</p> <p>Levels of speed and/or power are proficient and can be demonstrated through most activities, specifically invasion games, gymnastics and/or athletics.</p>
<p>Developing</p>	<p>Knowledge of skills, rules and tactics are of a satisfactory level for their age when demonstrated verbally and kinaesthetically.</p> <p>Some confidence is demonstrated when coaching and leading others during lessons.</p> <p>Elements of creativity and composition skills are present, but still limited in gymnastics/dance.</p> <p>Decision making in a competitive environment is inconsistent. The performer will rarely take advantage of the opponent's weaknesses in order to be successful.</p>	<p>Is sometimes active in lessons. Will demonstrate low levels of effort/resilience and will often give up on physical and mental challenges they are presented with.</p> <p>Has a limited understanding of the benefits of exercise to physical, emotional and social well being.</p> <p>Demonstrates adequate levels of behaviour and sportsmanship. Is prone to committing fouls or acts of gamesmanship in competitive scenarios.</p> <p>Lacks the attributes and confidence to be an effective sports leader.</p>	<p>Has satisfactory levels of cardiovascular endurance, core strength, power, speed and coordination for their age group. Would benefit from challenging themselves physically on a more regular basis.</p> <p>Performance and linking of skills/techniques is inconsistent and can lack control, precision & fluency. These skills tend to deteriorate in an opposed environment.</p> <p>Coordination skills need refining. The lack of hand eye coordination becomes more apparent in striking and fielding games and racquet sports.</p>

			<p>Has a low resistance to fatigue and cannot sustain low levels of aerobic exercise for prolonged periods of time before suffering with fatigue.</p> <p>Levels of speed and/or power are generally weak and would benefit from strengthening resistance training to improve these. Athletic field events demonstrate a weakness in strength/power.</p>
Emerging	<p>Knowledge of skills, rules and tactics appear very limited and need clear guidance when demonstrated verbally and kinaesthetically.</p> <p>Lacks basic confidence and oracy skills to coach and lead others during lessons.</p> <p>Creativity and composition skills are very basic in gymnastics/dance.</p> <p>Decision making in a competitive environment is very inconsistent and will often choose the wrong option/use the wrong technique.</p>	<p>Demonstrates poor and very limited levels of effort/resilience and will often give up on physical and mental challenges they are presented with.</p> <p>Need clear guidance on understanding the benefits of exercise to physical, emotional and social well being.</p> <p>Demonstrates poor levels of behaviour and sportsmanship. Is likely to commit fouls and acts of gamesmanship in competitive scenarios.</p> <p>Does not possess the basic attributes required to be an effective sports leader.</p>	<p>Has significantly low levels of cardiovascular endurance, core strength, power, speed and coordination for their age group.</p> <p>This could be due to a sedentary lifestyle, unhealthy diet or having a high percentage of body fat.</p> <p>Will rarely challenge themselves physically in lessons.</p> <p>Performance and linking of skills/techniques are very weak. Skills lack any basic control, precision & fluency. Skills are rarely performed correctly, even in a closed environment.</p>

			<p>Coordination skills are significantly below average for their age. Lack of hand eye coordination leads to activities like striking and fielding games and racquet sports rarely being able to be played competitively.</p> <p>Resistance to fatigue is extremely poor. Cannot sustain low levels of aerobic exercise for more than 1-2 minutes without suffering fatigue. Must perform cardiovascular exercise on a far more regular basis outside of lessons.</p> <p>Adequate levels of speed and/or power are very rarely demonstrated. Would significantly benefit from strength/resistance training to improve these. Athletic field events demonstrate a clear weakness in strength/power.</p>
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