



Oldbury Wells

KS3 Progression Grid - PE



	STRAND 1 Performance & Application 30%	STRAND 2 Rules, Strategies, and Tactics 30%	STRAND 3 Evaluation 20%	STRAND 4 Healthy Participation 20%
9	All the below and ... - I can consistently perform advanced skills using the exact technique. - I can adapt my skills accurately and appropriately to meet the demands of increasingly complex situations.	All of the below and... - I can consistently select and apply the most appropriate strategies/ tactics and compositional ideas that will influence a game or situation. - I can consistently modify them in response to changing circumstances and other performers.	All the below and ... - I can analyse and comment on my own and others' work as individuals and team members. - I can show that I understand how skills, tactics, composition and fitness relate to the quality of the performance.	All the below and ... - I can correctly identify how my body is affected by exercise in the immediate/medium/long term. - I can accurately explain, evaluate, and compare the short and long term benefits of exercise with reference on physical, mental, and social well-being.
8	All the below and ... - I can link skills into different situations without losing fluency. - I can consistently show precision, control, fluency, and originality in increasingly more demanding situations or under pressure. - I can select and combine advanced skills, techniques, and ideas.	All of the below and... - I can effectively use and apply advanced rules, and I can justify how strategies and tactics could improve the quality of performance. - I can effectively demonstrate the use of advanced strategies/tactics and compositional ideas in competitive situations.	All the below and ... - I can plan ways to improve my own and others' performance. - I can act on these decisions to bring about improvements.	All the below and ... - I can explain how measuring heart rate is an effective way to develop physical fitness. - I can accurately explain in-depth the advantages of following an active and healthy lifestyle for physical, mental, and social well-being.
7	All the below and ... - I can apply advanced skills to changing situations by adapting my technique. - I consistently show precision, control and fluency in varying practices.	All of the below and... - I can accurately apply tactics and strategies in relation to the performance of my opponents. - I can accurately apply rules and explain how strategies and tactics could improve the quality of performance.	All the below and ... - I can analyse and comment on how skills, techniques, and ideas have been used in my own and others' work. - Based on own and others' feedback, I can use imaginative ways to solve problems, overcome challenges, and entertain audiences.	All the below and ... - I can explain why different types of training are beneficial for different activities - I can describe many short and long-term effects of exercise on physical, mental, and social well-being.
6	All the below and ... - I can select and combine skills, techniques, and ideas and use them in a range of different contexts. - I can adapt my actions in response to changing circumstances, with some success	All of the below and... - I can usually apply my knowledge of strategies/tactics and compositional ideas to perform effectively. - I can usually apply rules and tactics in a range of sports in increasingly competitive situations.	All the below and ... - I can analyse and comment on the effectiveness of another person's performance. - I can analyse and comment on the effectiveness of my performance.	All the below and ... - I can compare different types of training methods and link them to developing personal fitness components. - I can explain how exercise is beneficial for someone's physical, psychological, and social well-being.
5	All the below and ... - I can select and combine skills, techniques, and ideas that are suitable for my activity. - I can consistently show precision, control, and fluency in isolated practices.	All of the below and... - I can often apply rules and tactics appropriately in an increasingly competitive situation. - I can often make decisions that positively influence mine and others' performance.	All the below and ... - Based on feedback I can modify and refine my skills and techniques to improve my performance. - I can give feedback to another person on how to improve their technique or tactics.	All the below and ... - I can explain and apply basic safety principles when preparing for exercise. - I can describe how exercise affects my body, and why regular, safe activity is good for my health and wellbeing.
4	All the below and ... - I can show some precision and control in performance, whilst demonstrating the ability to start outwitting opponents. - I can link skills, techniques, and ideas that are suitable for my activity.	All of the below and... - I can sometimes apply basic rules and tactics at the correct time in a modified competitive situation. - I can sometimes respond correctly to changes in small sided games or modified competitive environments.	All the below and ... - I can compare and comment on my own and others' work. - I can independently suggest ways to improve another person's performance.	All the below and ... - I understand how the different components of fitness affect performance. - I can state benefits of exercise and attribute them to physical or psychological wellbeing
3	All the below and ... - I can select and use skills, actions, and ideas that are suitable for my activity with varied success. - I can apply skills with some accuracy, control, and coordination.	All of the below and... - I can sometimes use basic tactics and compositional ideas and apply basic rules. - I can sometimes respond to changing situations within a conditioned scenario.	All the below and ... - I can make suggestions as to why the performance is good. - With support I can make suggestions as to why the performance needs improvement.	All the below and ... - I can give benefits to exercise if asked. - I know why warming up before an activity is important, and why physical activity is good for my health.
2	All the below and ... - I can acquire and develop new skills needed for activities. - I can apply these new skills with some control.	All of the below and... - I understand some of the rules and tactics used in a range of sports. - I can make some decisions in a less competitive situation.	All the below and ... - With support, I can select specific feedback points to help someone improve their performance. - I can say how my work is similar to and different from others' work.	All the below and ... - I can create a simple warm up with support that links to the activity. - I can describe how my heart rate and breathing are affected by activity.
1	Can ... - I can copy basic skills and demonstrate some of the teaching points for basic skills needed in an activity. - I can perform skills with developing control and emerging success	Can... - I can attempt to describe some tactics and rules in a few sports. - I can attempt to make some decisions in a less competitive situation.	Can ... - I can state how my work is similar to the model example. - With support, I can pick feedback points that are suitable for the performance	Can ... - I know being active is important to health and possibly name some benefits if asked. - I can identify which exercises would be good to use for a warm up and which part of the warm up they would be suitable for.