



PE KS3 Criteria for students and parents

 Progress thresholds KS3	 Descriptors of success KS3				
	Range and execution of skill/ What can I do and how well I can do it/ Physical attributes	Leadership/coaching	Tactics and strategy / Decision making	Analytical skills/AEP/ 	Healthy active lifestyle/ long term health benefits/ how
Excelling	Can execute all core and advanced skills with speed, precision, accuracy and aptitude in competitive or high performance environments. Often exerts a considerable influence on the outcome of group/team performances.	I can design a sequence of skill practices that link succinctly and adapt these to suit the needs of a group/ individual. I can confidently officiate competitive situations using correct terminology, hand signals(if any) and scoring methods.	I can assess a competitive situation by drawing on and adapting my knowledge of team/individual tactics and strategies to outwit an opponent and effectively communicate these ideas with my peers.	I can provide a sound evaluation of my own or peer performances, commenting on the physical attributes /components of fitness required for the chosen activity. I can provide technical advice on how to improve the execution of advanced skills.	I can explore the barriers to regular participation in physical activity and evaluate the impact this can have on maintaining or developing a healthy lifestyle. I complete at least 150 minutes of medium to high intensity, physical activity a week outside of lessons.
Proficient	Can execute all core and most advanced skills with speed, precision and accuracy in competitive	I can design a skill practice to target a specific skill.	I can evaluate the effectiveness of attacking and defending strategies	I can analyse my own performance and comment on the physical attributes /components of	I can discuss the barriers and benefits to participation in a specific activity. I complete 90-120 minutes of medium

	or highly pressurised situations.	I can officiate competitive situations using the correct terminology for more able performers.	to overcome opponents in competitive situations.	fitness needed to be successful. I can provide technical advice on how to improve the execution of advanced skills.	intensity, physical activity a week outside of lessons.
Secure	Can perform all core skills with precision and accuracy in competitive situations and attempts some advanced skills in isolation and competitive situations with varying success.	I can design, lead warm ups and cool downs suitable for a small group and identify the different muscle groups used. I can lead basic skills practices/drills. I can officiate competitive situations for my peers, using correct terminology most of the time.	I can describe more complex attacking and defending strategies to overcome opponents in competitive situations.	I can evaluate the strengths and areas for improvement in a performance using PE specific vocabulary. I can provide technical advice on how to improve the execution of core skills.	I can explain how a range of physical activities are beneficial for a healthy lifestyle. I complete at least 60 minutes of medium intensity physical activity a week outside of lessons.
Developing	Attempts the technique needed to perform most core skills with varying degrees of success in competitive situations.	I am able to lead a safe warm up/cool, stretching the correct areas of the body relevant to the activity undertaken. I can explain some rules and scoring in practice and competitive situations.	I can describe simple tactics for attacking and defending needed to outwit an opponent	I can describe the strengths and areas for improvement in a performance. If I execute a skill incorrectly, I usually know how to correct it.	I understand the importance of exercise for a healthy lifestyle and can identify 1/2 of the benefits.
Emerging	Assisted can perform a few core skills with little precision in isolation.	I can lead and describe a warm up and cool down with a partner	I can identify some rules and scoring methods.	I am beginning to recognise when I execute a skill incorrectly but I am unsure of how to improve it without feedback from others.	I know that exercise is important for a healthy lifestyle but I have difficulty understanding why.

Foundation	Able to perform core movement skills such as running, throwing, catching and jumping tasks with limited technique.	I can follow instructions/ demonstrations to perform a safe warm up and cool down.	I've just started so I will try to learn some of the rules and regulations	I enjoy watching others perform. I find it difficult to comment on my own performance and need help to identify ways to improve my technique.	Being physically active is new to me and I'm uncertain of how this impacts on my health.
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