KS3 PE Progress grid

Less than expected progress Students will be able to know / understand / do:		Expected progress Students will be able to know / understand / do:		Greater than expected progress Students will be able to know / understand / do:	
Mid-year	End of year	Mid-year	End of year	Mid-year	End of year
Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.	Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy and control.	Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy and control.	Demonstrate a wide range of skills, from a variety of sports, within competitive games. Showing increasing levels of accuracy and control.	Demonstrate a wide range of skills, from a variety of sports, within competitive games. Showing increasing levels of accuracy and control.	Demonstrate a wide range of skills, from a variety of sports, within competitive games. Showing high levels of accuracy, control and fluency.
Sometimes effective in the use of tactics and strategies. Understand and effectively apply the rules and regulations	Sometimes effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.	Sometimes effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.	Effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.	Effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.	Effective in the use of a range of tactics and strategies. Able to respond, and influence outcomes.
from some sports. Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.	Understand and effectively apply the rules and regulations from some of sports. Demonstrate accurate	Understand and effectively apply the rules and regulations from some of sports. Demonstrate accurate	Understand and effectively apply the rules and regulations from a range of sports. Demonstrate accurate knowledge and understanding of skills,	Understand and effectively apply the rules and regulations from a range of sports. Demonstrate accurate knowledge and understanding of skills,	Understand and effectively apply the rules and regulations in a range of sports – demonstrating leadership qualities.
Be able to provide some feedback on own and others performance. Can independently and safely	knowledge and understanding of skills, techniques and tactics and their use within some sports.	knowledge and understanding of skills, techniques and tactics and their use within some sports. Be able to evaluate and	techniques and tactics and their use within a range of sports. Be able to evaluate and provide accurate feedback on own and	techniques and tactics and their use within a range of sports. Be able to evaluate and provide accurate feedback on own and	Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.
prepare for, and recover from, physical activity. Has an understanding of the	Be able to evaluate and provide feedback on own and others performance. Can independently and safely	provide feedback on own and others performance. Can independently and safely prepare for, and recover from, physical activity.	others performance, sometimes leading to improvements. Can independently and safely	others performance, sometimes leading to improvements. Can independently and safely	Be able to provide some feedback on own and others performance.
impact of physical activity on a person's health, wellbeing and fitness.	prepare for, and recover from, physical activity. Has an understanding of the	Has an understanding of the impact of physical activity on a person's health, wellbeing and	prepare for, and recover from, physical activity. Has an understanding of the impact	prepare for, and recover from, physical activity. Has an understanding of the	Can independently and safely prepare for, and recover from, physical activity.
	impact of physical activity on a person's health, wellbeing and fitness.	fitness.	of physical activity on a person's health, wellbeing and fitness.	impact of physical activity on a person's health, wellbeing and fitness.	Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.
Demonstrate basic skills, from some sports, in isolated practice, showing some levels of control.	Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some	Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some levels of accuracy and	Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.	Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and	Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy
Understand the basic rules and regulations from a sport.	levels of accuracy and control.	control. Sometimes effective in the use of	Sometimes effective in the use of tactics and strategies.	control. Sometimes effective in the use of	and control Effective in the use of a range of
Demonstrate some knowledge and understanding of basic skills and techniques.	Sometimes effective in the use of tactics and strategies.	tactics and strategies. Understand the basic rules and	Understand and effectively apply the rules and regulations from some sports.	tactics and strategies. Understand and effectively apply	tactics and strategies. Able to respond, and occasionally influence outcomes
With support can safely prepare for, and recover from, physical activity	Understand the basic rules and regulations from some sports.	regulations from some sports. Demonstrate knowledge and understanding of basic skills, techniques and tactics within	Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports. Be able to provide some feedback on	the rules and regulations from some sports. Demonstrate accurate knowledge and understanding of skills,	Understand and effectively apply the rules and regulations from some of sports
Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness	Demonstrate knowledge and understanding of basic skills, techniques and tactics within some sports.	some sports. With support can safely prepare for, and recover from, physical activity.	own and others performance. Can independently and safely prepare for, and recover from, physical activity.	techniques and tactics and their use within some sports. Be able to provide some feedback on own and others performance.	Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.
	With support can safely prepare for, and recover from, physical activity. Has a limited understanding	Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.	Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.	Can independently and safely prepare for, and recover from, physical activity. Has an understanding of the	Be able to evaluate and provide feedback on own and others performance. Can independently and safely prepare for, and recover from,
	of the impact of physical	ana iiiioss.		impact of physical activity on a	physical activity.

	activity on a person's			person's health, wellbeing and	
	health, wellbeing and fitness.			fitness.	Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.
Permonstrate very from some sports, i practice, showing Show little understate the rules and regulany sports, and little understanding of the perform skills effect. With support can seprepare for, and resphysical activity. Has a limited under the impact of physical and fitness wellbeing and fitness.	some sports, in isolated practice, showing some levels of control. Inding of ations of e and regulations from a sport. Demonstrate some knowledge and understanding of basic skills and techniques. With support can safely prepare for, and recover from, physical activity th,	Demonstrate basic skills, from some sports, in isolated practice, showing some levels of control. Understand the basic rules and regulations from a sport. Demonstrate some knowledge and understanding of basic skills and techniques. With support can safely prepare for, and recover from, physical activity Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness	Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some levels of accuracy and control. Sometimes effective in the use of tactics and strategies. Understand the basic rules and regulations from a range of sports. Demonstrate knowledge and understanding of basic skills, techniques and tactics within a range sports / activities. With support can safely prepare for, and recover from, physical activity. Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.	Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing increasing levels of accuracy and control. Effective in the use of tactics and strategies in some sports / activities. Understand the basic rules and regulations from a range of sports. Demonstrate knowledge and understanding of basic skills, techniques and tactics within some sports. With support can safely prepare for, and recover from, physical activity. Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.	Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control. Sometimes effective in the use of tactics and strategies. Understand and effectively apply the rules and regulations from a range sports. Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports. Be able to provide some feedback on own and others performance. Can independently and safely prepare for, and recover from, physical activity. Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.