

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
	Y9	<p>Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand and effectively apply the rules and regulations from some sports.</p> <p>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.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy and control.</p> <p>Sometimes effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.</p> <p>Understand and effectively apply the rules and regulations from some of sports.</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.</p> <p>Be able to evaluate and provide feedback on own and others performance. Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy and control.</p> <p>Sometimes effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.</p> <p>Understand and effectively apply the rules and regulations from some of sports.</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports. Be able to evaluate and provide feedback on own and others performance. Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate a wide range of skills, from a variety of sports, within competitive games. Showing increasing levels of accuracy and control.</p> <p>Effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.</p> <p>Understand and effectively apply the rules and regulations from a range of sports.</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within a range of sports.</p> <p>Be able to evaluate and provide accurate feedback on own and others performance, sometimes leading to improvements.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate a wide range of skills, from a variety of sports, within competitive games. Showing increasing levels of accuracy and control.</p> <p>Effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes.</p> <p>Understand and effectively apply the rules and regulations from a range of sports.</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within a range of sports.</p> <p>Be able to evaluate and provide accurate feedback on own and others performance, sometimes leading to improvements.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>
Y8	<p>Demonstrate basic skills, from some sports, in isolated practice, showing some levels of control.</p> <p>Understand the basic rules and regulations from a sport.</p> <p>Demonstrate some knowledge and understanding of basic skills and techniques.</p> <p>With support can safely prepare for, and recover from, physical activity</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness</p>	<p>Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand the basic rules and regulations from some sports.</p> <p>Demonstrate knowledge and understanding of basic skills, techniques and tactics within some sports.</p> <p>With support can safely prepare for, and recover from, physical activity.</p> <p>Has a limited understanding of the impact of physical</p>	<p>Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand the basic rules and regulations from some sports.</p> <p>Demonstrate knowledge and understanding of basic skills, techniques and tactics within some sports.</p> <p>With support can safely prepare for, and recover from, physical activity.</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand and effectively apply the rules and regulations from some sports.</p> <p>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.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand and effectively apply the rules and regulations from some sports.</p> <p>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.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a</p>	<p>Demonstrate a range of skills, from a variety of sports, within conditioned games. Showing increasing levels of accuracy and control</p> <p>Effective in the use of a range of tactics and strategies. Able to respond, and occasionally influence outcomes</p> <p>Understand and effectively apply the rules and regulations from some of sports</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.</p> <p>Be able to evaluate and provide feedback on own and others performance. Can independently and safely prepare for, and recover from, physical activity.</p>

		activity on a person's health, wellbeing and fitness.			person's health, wellbeing and fitness.	Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.
Y7	<p>Demonstrate very basic skills, from some sports, in isolated practice, showing little control.</p> <p>Show little understanding of the rules and regulations of any sports, and little understanding of how to perform skills effectively</p> <p>With support can safely prepare for, and recover from, physical activity</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate basic skills, from some sports, in isolated practice, showing some levels of control.</p> <p>Understand the basic rules and regulations from a sport.</p> <p>Demonstrate some knowledge and understanding of basic skills and techniques.</p> <p>With support can safely prepare for, and recover from, physical activity</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness</p>	<p>Demonstrate basic skills, from some sports, in isolated practice, showing some levels of control.</p> <p>Understand the basic rules and regulations from a sport.</p> <p>Demonstrate some knowledge and understanding of basic skills and techniques.</p> <p>With support can safely prepare for, and recover from, physical activity</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness</p>	<p>Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand the basic rules and regulations from a range of sports.</p> <p>Demonstrate knowledge and understanding of basic skills, techniques and tactics within a range sports / activities.</p> <p>With support can safely prepare for, and recover from, physical activity.</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate basic skills, from some sports, within increasingly challenging practices. Showing increasing levels of accuracy and control.</p> <p>Effective in the use of tactics and strategies in some sports / activities.</p> <p>Understand the basic rules and regulations from a range of sports.</p> <p>Demonstrate knowledge and understanding of basic skills, techniques and tactics within some sports.</p> <p>With support can safely prepare for, and recover from, physical activity.</p> <p>Has a limited understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>	<p>Demonstrate skills, from a variety of sports, within increasingly challenging practices. Showing some levels of accuracy and control.</p> <p>Sometimes effective in the use of tactics and strategies.</p> <p>Understand and effectively apply the rules and regulations from a range sports.</p> <p>Demonstrate accurate knowledge and understanding of skills, techniques and tactics and their use within some sports.</p> <p>Be able to provide some feedback on own and others performance.</p> <p>Can independently and safely prepare for, and recover from, physical activity.</p> <p>Has an understanding of the impact of physical activity on a person's health, wellbeing and fitness.</p>