



Subject Level Descriptor

Department	Physical Education	Year Group	Year 7-9	Assessment	Aspect 1: Physical
Assessment Summary	<p>At Key stage 3 students have three lessons of curriculum time every two weeks. Within the PE programme students study a wide range of activities including team and individual games, dance, OAA, HRE, athletics, cricket, rounders and softball. In lessons students will focus on mastery of skills, knowledge and application, competition or performance, health and well-being, leadership and sportsmanship. There is an emphasis throughout the curriculum that students can engage with more than the traditional practical element of Physical Education, which is reflected in the Physical, Mental and Social assessment that will be used throughout the students' KS3 journey.</p>				

	Physical
Level 1	<ul style="list-style-type: none"> • I am beginning to show an understanding of how skills should be performed, although I struggle to maintain techniques within many isolated and progressive drills. I am starting to demonstrate these skills with some fluidity. I need to challenge myself to correctly adapt them when faced with progressively challenging situations. • I find physically demanding tasks difficult, resulting in flaws in performance because of a lack of physical fitness. • I apply some basic skills into isolated drills, although I fail to maintain the appropriate technique in progressive drills. • When face with competitive situations, my technique deteriorates over a range of both individual and team activities. • I am starting to acquire and produce basic skills well to a range of both team and individual activities.
Level 2	<ul style="list-style-type: none"> • I demonstrate some skills with elements of appropriate technique, although this is inconsistent across a broader range of activities. I sometimes struggle to maintain the appropriate techniques in isolated and progressive drills. I am starting to demonstrate these skills with some precision and how to implement them when faced with progressively challenging situations. • I can sustain a satisfactory level of physical fitness for short periods of time but find it difficult to perform consistently in endurance-based activities. • I apply basic and simple skills into both isolated and progressive drills. My technique is inconsistent when faced with more advanced competitive situations. Some skills are starting to be applied with fluency, control, and confidence. • I am starting to demonstrate consistent good technique and application of skill in competitive activities over a range of both individual and team sports. • I sometimes show an ability to acquire and produce skills well to a wide range of both and individual activities.



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Level 3	<ul style="list-style-type: none">• I can maintain a sound level of technique within isolated and progressive drills. Some skills are performed with technical errors and on occasion can adapt when faced with progressively challenging situations.• I demonstrate good levels of physical many curricular activities.• I can mostly apply a range of advanced skills into both isolated and progressive drills. My technique is mostly maintained throughout many activities when faced with more advanced competitive situations. My skills are mostly applied with fluency, control, and confidence.• I mostly demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports.• I am able to acquire and produce basic skills well to a wide range of both team and individual activities.•
Level 4	<ul style="list-style-type: none">• I demonstrate a good level of skill technique within isolated and progressive drills. I demonstrate skills with minor errors and can adapt when faced with progressively challenging situations.• I demonstrate high levels of physical fitness over a broad range of activities.• I can successfully apply a range of advanced skills into both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are almost always applied with fluency, control, and confidence.• I demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports.• I can learn and progress complicated skills well to broad range of both team and individual activities.
Level 5	<ul style="list-style-type: none">• I consistently demonstrate advanced skill technique within both isolated and progressive drills. Skills are performed with few errors and I adapt when faced with progressively challenging situations.• I demonstrate outstanding levels of physical fitness over a broad range of activities.• I can successfully apply complex skills into both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are consistently applied with fluency, control, and confidence.• I demonstrate advanced technique and application of skill in competitive activities over a range of both individual and team sports.• I can acquire and develop complex skills consistently well to a broad range of both team and individual activities.