

Physical Education Descriptors

Grade	1 Beginning	2 Developing	3 Consolidating	4 Embedding	5 Secure	6 Mastered	E Expert
Year	Y7/Y8	Y7/Y8	Y7/Y8/Y9	Y8/Y9	Y9	Y9	Y9
Fitness	Very Poor Fitness	Poor Fitness	Fair Level of Fitness	Good Level of Fitness	High Level of Fitness	Very High Level of Fitness	Excellent Level of Fitness
Criteria	<p>Beginning to grasp some of the main ideas and skills in a unit of work.</p> <p>Can perform very basic skills for some sports in isolated practice showing minimal control.</p> <p>Basic understanding and can make some decisions.</p>	<p>Some of the main ideas and skills in a unit of work are emerging, whilst others require development.</p> <p>Can perform basic skills for some sports in isolated practise showing some levels of control.</p> <p>Responds to simple situations.</p>	<p>Can do most of the main concepts and skills in a unit of work and is consolidating performance.</p> <p>Can link some skills more accurately, performing them in some more challenging practices, showing some levels of accuracy and control.</p> <p>Can sometimes adapt according to situations in gameplay.</p>	<p>Has a secure understanding of the main concepts and skills, when applied to familiar contexts.</p> <p>Has embedded the main skills when applied to familiar contexts, within increasingly challenging practices.</p> <p>Can consistently demonstrate control in practise situations.</p>	<p>Has a secure grasp of the main concepts and skills in a unit of work and can extend these to new contexts, demonstrating increasing levels of accuracy and control.</p> <p>Able to adapt skills to best suit the situation.</p> <p>Sometimes effective in use of a range of tactics and strategies.</p> <p>Able to respond and occasionally influence outcomes.</p>	<p>Demonstrating a range of skills for a variety of sports within performances, showing increasing levels of accuracy and control.</p> <p>Perform advanced skills effectively.</p> <p>Performance shows control and quality regardless of circumstance.</p> <p>Effective in the use and the range of tactics and strategies.</p> <p>Able to respond and influence outcomes.</p>	<p>Excellent knowledge and performance of advanced technique, showing fluency and autonomous movement.</p> <p>Consistently show originality in performance demonstrating clear confidence.</p> <p>Able to respond and influence outcomes.</p> <p>Effective in the use and the range of tactics and strategies, showing originality and flare.</p> <p>Able to respond and influence outcomes.</p>