



Head

*decision making;
knowledge; analysis; confidence*

Exceeding	<p>A</p> <ul style="list-style-type: none"> • Regularly select, explain and use relevant skills within their performances • Regularly apply tactical/chorographical knowledge to influence performances • Plan and evaluate the use of strategies within their performances
	<p>B+</p> <ul style="list-style-type: none"> • In a range of topics, select, explain and use relevant skills within their performances. • In a range of topics, use tactical/chorographical awareness to influence performance. • Explain and describe the use of strategies within their performance.
Expected	<p>B-</p> <ul style="list-style-type: none"> • In a small range of topics, select, explain and use relevant skills within their performances. • In a small range of topics, use tactical/chorographical awareness to influence performance. • Identify and describe the use of strategies within their performance.
	<p>C-</p> <ul style="list-style-type: none"> • In a limited range of activities, select, explain and use relevant skills within their performances. • In a limited range of topics, use tactical/chorographical awareness to influence performance. • Recall and describe the use of strategies within their performance.
Embedding	



Heart

social; emotional; effort; attitude

Expected	A	<ul style="list-style-type: none"> • I demonstrate excellent communication skills consistently. • Work as part of team with consistent effectiveness and to contribute to the analysis and evaluation of performance. • Consistently demonstrate resilience and determination while encouraging this upon peers. • To show a wide range of knowledge when thinking about the short and long term benefits of physical activity. • To participate in extra-curricular clubs or engage with local sports clubs.
	B+	<ul style="list-style-type: none"> • I can communicate my ideas with peers with consistent effectiveness. • Show a good level of resilience and determination consistently across a wide range of sports and physical activities. • Demonstrate positive behaviour of sports and physical activities with peers. • To have a clear understanding of the long term benefits that physical activity can have on the body and mind.
	B-	<ul style="list-style-type: none"> • Work as part of a team to perform a specific role within a lesson with understanding of that role has contributed to the team. • To demonstrate resilience and determination within a broad range of sports and physical activity. • To consistently demonstrate positive behaviour to Physical Education • Have an understanding of the positive benefits that physical activity can have on the body.
Embedding	C	<ul style="list-style-type: none"> • I organise myself for lessons and arrive on time with full PE kit. • I show respect to my peers and co-operate with my teachers. • I am developing a good attitude towards Physical Education and can demonstrate basic communication skills.



Hands

*physical; technical;
competition; fitness*

Exceeding	A	<ul style="list-style-type: none"> • Perform a variety of skills and techniques across a wide range of sports/activities. • Perform relevant skills in small sided, conditioned games. • Perform a range of skills with fluency consistently. • Across a wide range of PE topics, meet the physical demands for the activity.
	Expected	B+
B-		<ul style="list-style-type: none"> • Perform a range of skills and techniques in most sports/activities. • Perform skills with some relevance in isolation or a small sided conditioned game. • In a small range of topics, perform skills with fluency. • Across a range of PE topics, meet the physical demands for the activity.
C		<ul style="list-style-type: none"> • Perform a basic range of skills and techniques in a limited number of sports/activities. • Perform skills inconsistently in isolation or a small sided conditioned game. • In a limited range of topics, perform some skills with some fluency. • Across a small range of PE topics, meet the physical demands for the activity.
Embedding		