



# Head

*decision making;  
knowledge; analysis; confidence*

Exceeding	A	<ul style="list-style-type: none"> <li>Consistently select, apply and justify the use of relevant skills within their performances.</li> <li>Consistently apply &amp; evaluate tactical application and effectiveness in a wide range of topics.</li> <li>Predetermines the use of strategies/chorography prior to performance, justifies and evaluate their use within performances.</li> </ul>	
	Expected	B+	<ul style="list-style-type: none"> <li>On some occasions, select, apply and describe the use of relevant skills within their performances.</li> <li>Apply &amp; describe tactical application and effectiveness in a range of topics.</li> <li>Explain the use of strategies/chorography prior to performance, describe their use within performances.</li> </ul>
		B-	<ul style="list-style-type: none"> <li>At times, select, apply and summarize the use of relevant skills within their performances.</li> <li>Apply &amp; summarize tactical application and effectiveness in a small range of topics.</li> <li>Identify the use of strategies/chorography prior to performance, summarize their use within performances.</li> </ul>
		C-	<ul style="list-style-type: none"> <li>In a small range of topics, select, apply and recall the use of relevant skills within their performances.</li> <li>Apply &amp; recognize tactical application and effectiveness in a small range of topics.</li> <li>Recall the use of strategies/chorography prior to performance, recognise their use within performances.</li> </ul>
Embedding			



# Heart

*social; emotional; effort; attitude*

Exceeding	<b>A</b>	<ul style="list-style-type: none"> <li>Consistently use excellent communication skills, whilst organising and leading on activities such as warm ups and a wide range of sports.</li> <li>Consistently show a strong level of resilience and determination across a wide range of physical activity and sports.</li> <li>Comprehensively explain the positive impact that physical activity can have on the body and how it aids mental health.</li> <li>I regularly participate in extra-curricular clubs or engage with a local sports team.</li> </ul>	
	Expected	<b>B+</b>	<ul style="list-style-type: none"> <li>Communicate with effectiveness consistently, organise and lead other students on some occasions in a small range of sports or physical activity.</li> <li>Show a good level of resilience and determination consistently across a wide range of sports and physical activities.</li> <li>Explain a wide range of health benefits that physical activity can have on the body and mind.</li> </ul>
		<b>B-</b>	<ul style="list-style-type: none"> <li>Communicate with effectiveness, organise and lead other students on some occasions in a small range of sports or physical activity with some support from teachers.</li> <li>Show a good level of resilience and determination across a wide range of sports and physical activities.</li> <li>To have a clear understanding of the long term benefits that physical activity can have on the body and mind.</li> </ul>
	Embedding	<b>C</b>	<ul style="list-style-type: none"> <li>I organise myself for lessons and arrive on time with full PE kit.</li> <li>I show respect to my peers and co-operate with my teachers.</li> <li>I am developing a good attitude towards Physical Education and can demonstrate basic communication skills.</li> </ul>



# Hands

*physical; technical;  
competition; fitness*

Embedding	A	<ul style="list-style-type: none"> <li>Consistently performs a well-developed set of skills and techniques, across a wide range of sports/activities.</li> <li>Consistently perform relevant skills, across a wide range of topics, whilst under persistent competitive pressure.</li> <li>Perform a wide and varied range of skills with fluency, accuracy and control.</li> <li>Consistently exceeds the physical demands of the activity, across a wide range of sports/activities.</li> </ul>
	Expected	B+
B-		<ul style="list-style-type: none"> <li>Normally performs a fundamental set of skills and techniques, across a small range of sports/activities</li> <li>Normally perform skills with some accuracy in isolation and drills/games. Whilst under basic competitive pressure.</li> <li>Perform a small range of skills with fluency.</li> <li>Consistently meets the physical demands of the activity across a small range of sports/activities.</li> </ul>
Embedding		C