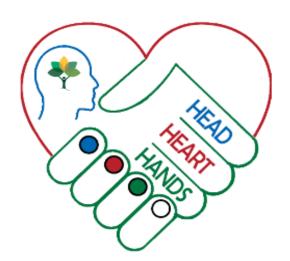


Head

decision making; knowledge; analysis; confidence

Exceeding	Α	 Consistently select, apply and justify the use of relevant skills within their performances. Consistently apply & evaluate tactical application and effectiveness in a wide range of topics. Predetermines the use of strategies/chorography prior to performance, justifies and evaluate their use within performances.
Expected	B+	 On some occasions, select, apply and describe the use of relevant skills within their performances. Apply & describe tactical application and effectiveness in a range of topics. Explain the use of strategies/chorography prior to performance, describe their use within performances.
	В-	 At times, select, apply and summarize the use of relevant skills within their performances. Apply & summarize tactical application and effectiveness in a small range of topics. Identify the use of strategies/chorography prior to performance, summarize their use within performances.
Embedding	C-	 In a small range of topics, select, apply and recall the use of relevant skills within their performances. Apply & recognize tactical application and effectiveness in a small range of topics. Recall the use of strategies/chorography prior to performance, recognise their use within performances.



Heart

social; emotional; effort; attitude

Exceeding	Α	 Consistently use excellent communication skills, whist organising and leading on activities such as warm ups and a wide range of sports. Consistently show a strong level of resilience and determination across a wide range of physical activity and sports. Comprehensively explain the positive impact that physical activity can have on the body and how it aids mental health. I regularly participate in extra-curricular clubs or engage with a local sports team.
cted	B+	 Communicate with effectiveness consistently, organise and lead other students on some occasions in a small range of sports or physical activity. Show a good level of resilience and determination consistently across a wide range of sports and physical activities. Explain a wide range of health benefits that physical activity can have on the body and mind.
Expected	B-	 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. Show a good level of resilience and determination across a wide range of sports and physical activities. To have a clear understanding of the long term benefits that physical activity can have on the body and mind.
Embedding	С	 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

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Embedding	Α	 Consistently performs a well-developed set of skills and techniques, across a wide range of sports/activities. Consistently perform relevant skills, across a wide range of topics, whilst under persistent competitive pressure. Perform a wide and varied range of skills with fluency, accuracy and control. Consistently exceeds the physical demands of the activity, across a wide range of sports/activities.
Expected	B+	 Regularly performs an accurate set of skills and techniques, across a range of sports/activities. Regularly performs skills with accuracy in isolation and conditioned games. Whilst under some competitive pressure. Perform a range of skills with fluency and some accuracy. Consistently meets and occasionally exceeds the physical demands of the activity, across a range of sports/activities.
Expe	B-	 Normally performs a fundamental set of skills and techniques, across a small range of sports/activities Normally perform skills with some accuracy in isolation and drills/games. Whilst under basic competitive pressure. Perform a small range of skills with fluency. Consistently meets the physical demands of the activity across a small range of sports/activities.
Embedding	С	 Inconsistently performs a simple set of skills and techniques, across a limited range of sports/activities Inconsistently performs skills with limited accuracy in isolation and drills/games. Whilst under limited competitive pressure. Perform a limited range of skills with fluency. Display inconsistent physical attributes across a limited range of sports/activities.