

KSHSSA Key Stage 3 Physical Education Grade Descriptors



Outdoor Adventurous Activities, Challenges and Team Building			
Grade	Year 7	Year 8	Year 9
Core	Be able to identify safety considerations for an OAA activity	Participate with a basic level of fitness required for activity.	Consistently performs micro-navigational and specific skills with precision and control.
Foundation	Participate with a basic level of fitness required for activity.	Perform basic macro-navigational and specific skills in isolation with some success.	Work with others to plan, organise and lead a leg of a simple trekking route.
	Perform basic macro-navigational and specific skills in isolation with some success.	Perform basic skills with limited guidance in lowland terrain.	Has confidence to use skills and techniques to overcome the adventurous challenges and has knowledge of codes/etiquette.
	Perform basic skills with limited guidance in lowland terrain.	Adapts skills to hazards and changes in terrain.	Performs basic navigational skills in non-wild terrain.
	Adapts skills to hazards and changes in terrain.	Has confidence to use skills and techniques to overcome the adventurous challenges and has knowledge of codes/etiquette.	Plans and organises in a group and leads simple set routines.
Proficient	Has confidence to use skills and techniques to overcome the adventurous challenges and has knowledge of codes/etiquette.	Work with others to plan, organise and lead a leg of a simple trekking route.	Identify how the body reacts to different trekking activities and changes in intensity due to terrain using correct terminology.
	Work with others to plan, organise and lead a leg of a simple trekking route.	Perform basic navigation and specific skills independently with precision and control.	Identify and explain the different components of fitness required to perform trekking activities.
Exceptional	Perform basic navigation and specific skills independently with precision and control.	Performs basic navigational skills in non-wild terrain.	Apply navigational skills in low-level wild country.
	Performs basic navigational skills in non-wild terrain.	Plans and organises in a group and leads simple set routines.	Adapt skills to solve problems presented by changing circumstances.
	Plans and organises in a group and leads simple set routines.	Identify how the body reacts to different trekking activities and changes in intensity due to terrain, using some correct terminology.	Is confident and competent in leading others in non-wild country settings and transfers skills to others.