KSHSSA Key Stage 3 Physical Education Grade Descriptors

Developing Performance in Dance		
Grade	**Year 7**	**Year 8**	**Year 9**

Grade	Year 7	Year 8	Year 9
Foundation	Know the terminology used to create and develop dance performances.	Participate with basic levels of fitness required for activity.	Identify what basic dance moves are from a set piece.
Core	Participate with basic levels of fitness required for activity.	Identify what basic dance moves are from a set piece.	Perform basic dance moves and skills with some precision, control and fluency.
	Identify what basic dance moves are from a set piece.	Perform basic dance moves and skills with some precision, control and fluency.	Explain why dance is good for health and well-being.
	Perform basic dance moves and skills with some precision, control and fluency.	Explain why dance is good for health and well-being.	Work with others to make, organise and perform a simple routine.
	Explain why dance is good for health and well-being.	Work with others to make, organise and perform a simple routine.	Explain why physical activity is an essential part of a healthy lifestyle.
Proficient	Work with others to make, organise and perform a simple routine.	Explain why physical activity is an essential part of a healthy lifestyle.	Consistently perform dance moves and skills with precision, control and fluency.
	Explain why physical activity is an essential part of a healthy lifestyle.	Consistently perform dance moves and skills with precision, control and fluency.	Combine basic moves and skills to create a routine.
Exceptional	Consistently perform dance moves and skills with precision, control and fluency.	Combine basic moves and skills to create a routine.	Choreograph, organise and perform a dance routine to suit ability.
	Combine basic moves and skills to create a routine.	Choreograph, organise and perform a dance routine to suit ability.	Explain how different types of exercise contribute to fitness and health.
	Choreograph, organise and perform a dance routine to suit ability.	Can explain how different types of exercise contribute to fitness and health.	Combine appropriate dance moves and skills with imagination to create a routine.