

## KSHSSA Key Stage 3 Physical Education Grade Descriptors



<b>Developing Technique and Performance in Other Competitive Sports – (Athletics and Gymnastics)</b>			
<b>Grade</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
Foundation	Be able to explain using key terminology actions and movements that are needed for a performance.	Participate with basic levels of fitness required for activity.	Perform basic sport-specific skills for at least 2 events.
Core	Participate with basic levels of fitness required for activity.	Perform basic sport-specific skills for at least 2 events.	Perform basic skills with precision, control and fluency.
	Perform basic sport-specific skills for at least 2 events.	Perform basic skills with precision, control and fluency.	Identify (with help) what event best suits her.
	Perform basic skills with precision, control and fluency.	Identify (with help) what event best suits her.	Can link a range of basic skills with success.
	Identify (with help) what event best suits her.	Can link a range of basic skills with success.	Can work with others to plan, organise and lead a simple activity.
Proficient	Can link a range of basic skills with some success.	Can work with others to plan, organise and lead a simple activity.	Perform the basic techniques and sport-specific skills with consistent precision, control and fluency.
	Can work with others to plan, organise and lead a simple activity.	Perform the basic techniques and sport-specific skills with consistent precision, control and fluency.	Can combine appropriate skills and imagination effectively to create a routine/ demonstrate knowledge and technique in a range of events.
Exceptional	Perform the basic techniques and sport-specific skills with consistent precision, control and fluency.	Can combine basic skills effectively to create a routine/select an event and perform with success.	Apply knowledge of components of fitness to chosen events and explain how these affect performance.
	Can combine basic skills effectively to create a routine/select an event and perform with success.	Apply knowledge of components of fitness to chosen events and identify how the body reacts, using correct terminology.	Can independently plan, organise and lead a simple activity safely.
	Apply knowledge of components of fitness to chosen events and identify how the body reacts, using correct terminology.	Can independently plan, organise and lead a simple activity safely.	Consistently apply basic techniques/compositional ideas when leading activities.