

PE

	STRAND 1 Performance & Application	STRAND 2 Rules, Strategies, and Tactics	STRAND 3 Evaluation	STRAND 4 Healthy Participation
9	All the steps below, and I can also... - consistently perform advanced skills using the exact technique and can adapt this in a range of competitive situations. - adapt my skills accurately and appropriately to meet the demands of increasingly complex situations.	All the steps below, and I can also... - consistently select and apply the most appropriate strategies/ tactics and ideas for composing a performance that will influence a game or situation. - consistently modify them in response to changing circumstances and other performers.	All the steps below, and I can also... analyse and comment on my own work and the work of others as individuals and team members, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance.	All the steps below, and I can also... - correctly identify how my body is affected by exercise in the immediate/medium/long-term. - accurately explain, evaluate, and compare the short and long-term benefits of exercise with reference to physical, mental, and social well-being.
8	All the steps below, and I can also... - link skills into different activities without losing fluency. - consistently show precision, control, fluency, and originality in increasingly more demanding situations or under pressure. - select and combine advanced skills, techniques, and ideas.	All the steps below, and I can also... - effectively use and apply advanced rules, and I can justify how strategies and tactics could improve the quality of performance. - effectively demonstrate the use of advanced strategies/tactics and ideas for composing a performance in competitive situations.	All the steps below, and I can also... plan ways to improve my own and others' performance and act on these decisions to bring about improvements.	All the steps below, and I can also... - explain how measuring heart rate is an effective way to develop physical fitness. - accurately explain in-depth the advantages of following an active and healthy lifestyle for physical, mental, and social well-being.
7	All the steps below, and I can also... - apply advanced skills to changing situations by developing my technique to meet the needs of the competition. - consistently show precision, control and fluency in competition	All the steps below, and I can also... - accurately apply tactics and strategies in relation to the performance of my opponents. - accurately apply rules and explain how strategies and tactics could improve the quality of performance.	All the steps below, and I can also... - analyse and comment on how skills, techniques, and ideas have been used in my own work and the work of others. - use imaginative ways to solve problems, overcome challenges, and entertain audiences.	All the steps below, and I can also... - explain why different types of training are beneficial for different activities - describe many short and long-term effects of exercise on physical, mental, and social well-being.
6	All the steps below, and I can also... - select and combine skills, techniques, and ideas and use them in a range of familiar and unfamiliar physical activities. - consistently show precision, control, and fluency in isolated practices.	All the steps below, and I can also... - usually apply my knowledge of strategies/tactics and ideas for composing a performance to perform effectively. - usually apply rules and tactics in a range of sports in increasingly competitive situations.	All the steps below, and I can also... - analyse and comment on the effectiveness of another person's performance. - analyse and comment on the effectiveness of my performance.	All the steps below, and I can also... - understand how the different components of fitness (such as strength, speed and endurance) affect performance. - explain how exercise is beneficial for someone's physical, mental, and social well-being.
5	All the steps below, and I can also... - select and combine skills, techniques, and ideas that are suitable for my activity. - adapt my actions in response to changing circumstances in games, with some success	All the steps below, and I can also... - often apply rules and tactics appropriately in an increasingly competitive situation. - often make decisions that positively influence my own and others' performance.	All the steps below, and I can also... - modify and refine my skills and techniques to improve my performance. - give feedback to another person on how to improve their technique or tactics.	All the steps below, and I can also... - explain and apply basic safety principles when preparing for a warm up. - describe how exercise affects my body, and why regular, safe activity is good for my health and well-being.
4	All the steps below, and I can also... - show some precision and control in performance, whilst demonstrating the ability to start outwitting opponents. - link skills, techniques, and ideas that are suitable for my activity.	All the steps below, and I can also... - sometimes apply basic rules and tactics at the correct time in a modified competitive situation. - sometimes respond correctly to changes in small sided games or modified competitive environments.	All the steps below, and I can also... - compare and comment on my own work and the work of others. - independently suggest ways to improve another person's performance.	All the steps below, and I can also... - identify different types of training methods and link them to developing personal fitness components. - state benefits of exercise and attribute them to physical or mental well-being
3	All the steps below, and I can also... - select and use skills, actions, and ideas that are suitable for my activity with varied success. - apply skills with some accuracy, control, and coordination.	All the steps below, and I can also... - sometimes use basic tactics and ideas for composing a performance and apply basic rules. - sometimes respond to changing situations within a practice situation with set conditions.	All the steps below, and I can also... - make suggestions as to why the performance is good. - with support, make suggestions as to why the performance needs improvement.	All the steps below, and I can also... - give benefits to exercise if asked. - know why warming up before an activity is important, and why physical activity is good for my health.
2	All the steps below, and I can also... - acquire and develop new skills needed for activities. - apply these new skills with some control.	All the steps below, and I can also... - understand some of the rules and tactics used in a range of sports. - make some decisions in a less competitive situation.	All the steps below, and I can also... - with a prompt card, choose feedback points to help someone improve their performance. - say how my work is similar to and different from the work of others.	All the steps below, and I can also... - create a simple warm up with support that links to the activity. - describe how my heart rate and breathing are affected by activity.
1	- I can... - copy basic skills and demonstrate some of the teaching points for basic skills needed in an activity. - apply some basic skills in a competitive situation. - perform skills with developing control and emerging success	- I can... - attempt to describe some tactics and rules in a few sports. - attempt to make some decisions in a less competitive situation.	- I can... - state how my work is similar to the model example. - with a prompt card, pick feedback points that are suitable for the performance I have watched.	- I can... - know being active is important to health and possibly name some benefits if asked. - identify which exercises would be good to use for a warm up and which part of the warm up they would be suitable for.