The Grange School KS3 Progress Step Descriptors - PE

Yr 7	Yr 8	Yr 9	PE	Know	Show	Grow
			Progress Step T6	• A few rules from team games • A know the skills for a few sports • I know the short-term effects of exercise and why we warm up	• I can occasionally catch, pass, kick and strike a ball/object • I attempt the aesthetic skills • I participate in all athletics events	• I demonstrate respect for my peers • I demonstrate respect for myself • I move safely around a PE classroom
			Progress Step 1	• The technique for a few skills • How to begin a variety of games • I know what the word aesthetically pleasing means	• I can sometimes catch, pass, kick and strike a ball/object • I can do some basic aesthetic skills • I am improving in a few athletics events	• I demonstrate respect for Physical Education and my peers • I demonstrate resilience and effort in some lessons
			Progress Step 2	• The technique for a range of skills • What a tactic is • How a performance can be aesthetically pleasing • I know some components of fitness	• I can almost always catch, pass, kick and strike a ball • I can a do a variety of aesthetic skills • I have a growing knowledge of all athletics events	• I can lead a warm-up for myself & others • I can communicate in a range of activities • I show a high level of honesty when competing
			Progress Step 3	• How to vary the techniques to affect the outcome of a game • The techniques you can use to make an aesthetically pleasing performance • I know some tests for the components of fitness	• My catch, pass, kick and strike of a ball /object have meaningful impact upon a game • I can perform a variety of aesthetic skills in a routine or on apparatus • I am beginning to show a strength in one or more athletics events	• I demonstrate confidence in a range of activities • I demonstrate resilience and effort in all lessons • I demonstrate a good attitude in all lessons
			Progress Step 4	• I know the difference between attacking principles and defending principles • I know when I see aesthetic techniques being applied • I can link a component of fitness to sports	• I can catch, pass, kick and strike a ball showing precision control and fluency • I can apply attacking principles and defending principles to a variety of sports	• I can lead others in a team scenario • I demonstrate positive working relationship with all staff and students
			Progress Step 5	• I can explain the importance of attacking principles and defending principles	• I can catch, pass, kick and strike a ball with repeated precision control and fluency	• I show resilience in my learning and can overcome challenges • I can confidently lead others in a range of activities

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Yr 7	Yr 8	Yr 9	PE	Know	Show	Grow
				• I can apply rules to a wide variety of sports • I know how to adapt a sporting performance to improve	• My tactical understanding has an impact on the outcome of a sporting event • I can train a component of fitness with purpose	•
			Progress Step 6	• I know how components of fitness and training methods link • I can explain rules to a wide variety of sports •	• I can create training sessions that have a focus and meet a desired outcome • I can communicate tactical awareness to those I am working with • I have a good technique in athletics event	• I demonstrate outstanding communication and relationships. Meaning I am well respected by my peers • I am able to help my peers achieve success by encouraging them to improve