



LOWER SCHOOL GRADE DESCRIPTORS

PHYSICAL EDUCATION

YEAR 7	4	Pupils explore simple skills. They copy, remember, repeat and explore simple actions with coordination and control. They vary skills, actions and ideas and link these in a way that is suitable for the activity. They talk about differences between their own and others' performance and can suggest improvements. They understand how to exercise safely, and describe how their bodies feel during different activities. Pupils can select and use skills, actions and ideas appropriately, applying them with coordination and control. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work. They use this understanding to improve their own performance. They give reasons why warming up before an activity is important and why physical activity is good for their health.
	5	Pupils can link skills, techniques and ideas, applying them accurately and appropriately. Their performance shows precision, control and fluency. They understand tactics and composition. They are able to compare and comment on skills, techniques and ideas used in their own and others work. They use this understanding to improve their performance. They explain and apply basic safety principles in preparing for exercise. They are capable of describing the effect of exercise on the body with an understanding of how it is valuable to their fitness and health.
YEAR 8	6	Pupils select and combine their skills, techniques and ideas and apply them accurately and appropriately consistently showing precision, control and fluency. When performing, they draw on what they know about strategy, tactics and composition. They analyse and comment on skills and techniques with application to their own and others' work. They modify and refine skills and techniques to improve their performance. They explain how the body reacts during different types of exercise and have appropriate warm up and cool down activities for the chosen sport. They explain why regular, safe exercise is good for their health.
YEAR 9	7	Pupils select and combine skills, techniques and ideas. They apply them in ways that suit the activity with consistent precision control and fluency. When planning own and others' work, and whilst performing their own work, they are able to draw on a knowledge of tactics, strategy and composition in response to changing circumstances. They are also aware of their development needs and their strengths. They analyse and comment on how skills, techniques and ideas have been used to improve their own or others' performance and suggest ways to improve. They explain how to prepare for and recover from the activity. They explain how different types of exercise contribute to their fitness and health and are aware of how they can get involved in other types of activities and exercise.
	EP	Pupils select and combine advanced skills, techniques and ideas, adapting them accurately and appropriately to the demands of the activities. They consistently show precision, control, fluency and originality. Drawing on what they know of advanced tactics and compositional ideas. They are able to apply these in their own and to others' work. They modify them in response to the altering circumstance and different performers. They analyse and comment on their own and others' work as individuals and team members, showing that they understand how skill, tactics or composition and fitness relate to the quality of performance. They plan ways to improve their own and others' performance. They are able to explain the principles of practice and training applying them effectively. They explain the benefits of regular, planned activity on health and fitness and are capable of planning their own exercise and activity programme.