

Physical Education – KS3 Curriculum Threshold



Year 7 Expectations	Year 8 Expectations	Year 9 Expectations	Strand A - Heads	Strand B - Hearts	Strand C - Hands
		Fluent	Pupils will be able to answer questions with extreme confidence , will be able to analyse their own strengths and weaknesses excellently , give measurable and immediate feedback to peers with advanced tactics, and be able to understand the rules and regulations of the activities with immense confidence and accuracy.	Pupils will demonstrate outstanding communication skills, develop outstanding leadership skills, demonstrate outstanding respect for the rules, opponents and officials, demonstrate incredible resilience in the activity and will always perform with maximum effort. Pupils understand how to win graciously, and how to demonstrate an outstanding response to losing.	Pupils will demonstrate outstanding physical fitness to perform the activity, will demonstrate incredible levels of technique and skills, will have considerable impact on the game/s, often beating their opponent or performing excellently in the team and will always use creativity in their play.
	Fluent	Complete	Pupils will be able to answer questions with lots of confidence , will be able to analyse their own strengths and weaknesses very well , give measurable and immediate feedback to peers with advanced tactics, and be able to understand the rules and regulations of the activities with high confidence and accuracy.	Pupils will demonstrate very good communication skills, develop very good leadership skills, demonstrate very good respect for the rules, opponents and officials, demonstrate excellent resilience in the activity and will always perform with maximum effort. Pupils understand how to win graciously, and how to demonstrate a very good response to losing.	Pupils will demonstrate outstanding physical fitness to perform the activity, will demonstrate excellent levels of technique and skills, will have considerable impact on the game/s, often beating their opponent or performing very well in the team and will always use creativity in their play.
Fluent	Complete	Substantial	Pupils will be able to answer questions with confidence , will be able to analyse their own strengths and weaknesses well , give measurable and immediate feedback to peers with secure levels of tactics , and be able to understand the rules and regulations of the activities with confidence and accuracy.	Pupils will demonstrate very good communication skills, develop very good leadership skills, demonstrate consistent respect for the rules, opponents and officials, demonstrate very good resilience in the activity and will always perform with very good effort. Pupils understand how to demonstrate a good response to losing.	Pupils will demonstrate very good physical fitness to perform the activity, will demonstrate very good levels of technique and skills, will have a large impact on the game/s, beating their opponent or performing very well in the team and will often use creativity in their play.
Complete	Substantial	Establishing	Pupils will be able to answer questions with confidence , will be able to analyse their own strengths and weaknesses to a secure level , give measurable and immediate feedback to peers with some tactics, and be able to understand the rules and regulations of the activities with increasing confidence and accuracy.	Pupils will demonstrate good communication skills, develop good leadership skills, demonstrate good respect for the rules, opponents and officials, demonstrate good resilience in the activity and will always perform with good effort. Pupils understand how to win graciously, and how to demonstrate a good response to losing.	Pupils will demonstrate very good physical fitness to perform the activity, will demonstrate good levels of technique and skills, will have a positive impact on the game/s, sometimes beating their opponent or performing well in the team and will always use creativity in their play.
Substantial	Establishing	Initial	Pupils will be able to answer questions with some confidence , will be able to analyse their own strengths and weaknesses to a basic level , give measurable and immediate feedback to peers with limited tactics , and be able to understand the rules and regulations of the activities with some confidence and accuracy.	Pupils will demonstrate fair communication skills, develop good leadership skills, demonstrate fair respect for the rules, opponents and officials, demonstrate good resilience in the activity and will always perform with good effort. Pupils understand how to win graciously, and how to demonstrate a good response to losing.	Pupils will demonstrate good physical fitness to perform the activity, will demonstrate good levels of technique and skills, will have a secure impact on the game/s, sometimes beating their opponent or performing well in the team and will always use creativity in their play.
Establishing	Initial		Pupils will be able to answer questions with decreasing confidence , will be able to analyse their own strengths and weaknesses with errors , give measurable and immediate feedback to peers with limited tactics, and be able to understand the rules and regulations of the activities with decreasing confidence and limited accuracy.	Pupils will demonstrate fair communication skills, develop fair leadership skills, demonstrate good respect for the rules, opponents and officials, demonstrate fair resilience in the activity and will perform with some effort. Pupils understand how to win graciously, and how to demonstrate a secure response to losing.	Pupils will demonstrate fair levels of physical fitness to perform the activity, will demonstrate some levels of technique and skills, will have some impact on the game/s, sometimes beating their opponent or performing fairly in the team and will sometimes use creativity in their play.
Initial			Pupils will be able to answer questions with low confidence , will be able to analyse their own strengths and weaknesses with some success , give measurable and immediate feedback to peers with limited tactics, and be able to understand the rules and regulations of the activities with low confidence and accuracy.	Pupils will demonstrate some communication skills, develop some leadership skills, demonstrate positive respect for the rules, opponents and officials, demonstrate some resilience in the activity and will perform with varying levels of effort . Pupils understand how to win graciously, and how to demonstrate a positive response to losing however is inconsistent.	Pupils will demonstrate fair physical fitness to perform the activity, will demonstrate some levels of technique and skills, will have low impact on the game/s, often losing to their opponent or performing with limited success in the team and will rarely use creativity in their play.

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