Chipping Norton School - PE Department KS3 Progress Ladder

GCSE	HEALTH, FITNESS AND ACTIVE LIFESTYLE FEELING – HEART	EFFECTIVE PERFORMANCE DOING - BODY	MAKING DECISIONS HEAD - THINKING
9 - E	**Consistently** sustain **high** levels of physical activity across all sports with excellent examples of teamwork. Develop and **apply** a **complex** understanding of the long term benefits of physical activity. Participate in a wider range of clubs or school activities and in the community at the equivalent of **County** or **Regional** level.	Consistently develop and apply **expert** skills with technique and the principles of attacking and defending where appropriate	Consistently develop, select and apply **expert** tactics that have a substantial influence on their performance in highly competitive match situations. Suggest ways to improve their own and others' performance to make improvements. Make an action plan for improvement and act as a **school** team coach.
8 - E	**Consistently** sustain **high** levels of physical activity across all sports with **outstanding** examples of teamwork. Develop and **apply** a more in-depth understanding of the long term benefits of physical activity. Participate in a wider range of clubs or school activities and in the community at the equivalent of **District** level.	Consistently develop and apply skills with **advanced technique** and the principles of attacking and defending where appropriate.	**Consistently** develop, select and apply **advanced** tactics that have a **substantial** influence on their performance in **highly** competitive **match** situations. Suggest ways to improve their own and others' performance. Work towards Making an action plan for improvement and act as a **house** team **coach**
7 - AE	**Consistently** sustain **high** levels of physical activity across all sports with excellent examples of teamwork. Develop and **apply** a more in-depth understanding of the long term benefits of physical activity. Participate in a wider range of clubs or school activities and in the community.	**Consistently** develop, select and apply **more** advanced skills with technique and the principles of attacking and defending where appropriate.	**Consistently** develop, select and apply more advanced tactics that have **more** influence on their performance in competitive **match** situations. Suggest ways to improve their own and others' performance.
6 - AE	**Consistently** sustain **high** levels of physical activity across a wider range of sports and regular examples of teamwork. Develop and **apply** an in depth understanding of the long term benefits of physical activity. Participate in a wider range of clubs or school activities and in the community.	Develop, select and apply a wider range of skills with technique, applying **more advanced** principles of attacking and defending where appropriate.	Develop, select and apply a wider range of **more advanced** tactics that influence their performance in competitive situations. **Suggest** ways to improve their own **and others' performance**.
5 - S	**Sustain higher** levels of physical activity across a wider range of sports and regular examples of teamwork. Develop and **apply** a detailed understanding of the long term benefits of physical activity. Participate in a **wider** range of community clubs **and** school activities.	Develop, **select and apply** a **wider** range of skills with technique, applying the principles of attacking and defending where appropriate.	Develop, **select and apply** a **wider range** of tactics that have more influence on their performance in competitive situations. **Suggest** ways to improve their own **and others' performance**.
4- S **3 - AS**	**Work towards** sustaining higher levels of physical activity across a wider range of sports and regular examples of teamwork. Develop a **better understanding** of the long term benefits of physical activity. Participate in **community clubs or** in a wide range of school activities.	**Develop a range** of skills with technique and apply the principles of attacking and defending where appropriate.	**Develop a range** of tactics that have more of an influence on their performance in competitive situations. **Suggest** ways to improve their own performance.
2 -1 AS	Regularly compete with some sustained examples of physical activity across a range of sports and examples of team work. Develop a **basic understanding** of the long term benefits of physical activity. Participate in clubs and school activities	**Copy and repeat** a range of skills with some technique, applying the **basic** principles of attacking and defending where appropriate.	**Decide** when to Implement a **small number** of tactics that start to have an influence on their performance in competitive situations. **Discuss** ways to improve their own performance.