

PHYSICAL EDUCATION GRADE DESCRIPTORS

3 = DEVELOPING

6 = SECURE

9 = MASTERED

Baseline	Grade 1	Grade 2	Grade 3
Consistently good kit	Change and be ready within 6 mins	Explore simple movements	Select and use skills, actions and ideas appropriately, applying them with coordination and control
Access a varied PE curriculum	Copy, repeat and explore simple actions with control and co-ordination	Copy, remember, repeat simple actions with control and co-ordination	Show that you understand tactics and composition by starting to vary how you respond
Name 3 rules of a sport	Talk about how your body feels during activity	Describe how your body feels during exercise	See how your work is similar to and different from others' work, and use this understanding to improve your own performance
Maintain a steady jog for 3 mins	Throw and catch a ball over 7 metres	Vary skills, actions and ideas and link these in ways that suit the activities	Give reasons why warming up before an activity is important, and why physical activity is good for your health
Perform 4 static stretches and state how long you hold them for	Complete a standing long jump over 0.8m	Begin to show some understanding of simple tactics and basic compositional ideas	Maintain a steady jog for 6 mins
	Perform a 1 lap sprint in less than 30secs	Talk about differences between your own and others' performance and suggest improvements	Lead a three part warm up in a small group
	Explain 3 rules of a sport	Understand how to exercise safely and describe how your body feels during exercise	Describe 2 long term effects of exercise on the body
	Maintain a steady jog for 3 .5mins	State 2 long term benefits of regular exercise	Describe two immediate effects of exercise on the body
	Link skills and actions within an activity	State 2 immediate effects of exercise on the body	Take on another role aside from participator i.e. coach/ref/umpire/captain
	Discuss how to exercise safely	Explain 3 rules of a sport and give examples	Explain the need for safety equipment in a sport
	Complete an effective pulse raiser warm up	Complete an effective pulse raiser warm up and identify the 3 parts of a warm up	Demonstrate some influence within a game
		Maintain a steady jog for 4.5mins	

Grade 4

Select and link basic skills, techniques and ideas and applying them with coordination and control

Perform skills in pressurised and conditioned situations

Be aware of different playing positions and their roles

Your performance shows precision, control and fluency

Understand some tactics and composition

Compare and comment on skills, techniques and ideas used in your own and others' work, and use this understanding to improve your performance

Explain and apply basic safety principles in preparing for exercise

Describe 2 effects exercise has on your bodies, and how it is valuable to your fitness and health

Lead a simple drill to others using coaching points

Take part in physical activity outside of school lessons

Be able to take your resting HR and have an understanding of your working heart rate

Independently do a cool down

Grade 5

Select and combine your skills, techniques and ideas and apply them accurately and appropriately

Consistently show precision, control and fluency

When performing draw on what you know about strategy, tactics and implement them

Analyse and comment on skills and techniques and how these are applied in your own and others' work

Modify and refine skills and techniques to improve your performance

Explain how the body reacts during different types of exercise

Warm up and cool down in ways that suit the activity

Explain 3 reasons why regular, safe exercise is good for your fitness and health

Independently engage in PE and organize yourself/others/equipment safely

Lead a more complex drill to others using coaching points

Know how to work out your maximum heart rate

Grade 6

Select and combine skills, techniques and ideas. Apply them in ways that suit the activity, with consistent precision, control and fluency

When planning and carrying out your own and others' work, draw on what you know about strategy, tactics and composition in response to changing circumstances, and what you know about your own and others' strengths and weaknesses

Analyse and comment on how skills, techniques and ideas have been used in your own and others' work, and on compositional and other aspects of performance, and suggest ways to improve

Explain how to prepare for and recover from the activities.

Explain how different types of exercise contribute to your fitness and health and describe how you might get involved in other types of activities and exercise

Lead a whole group warm up

Be an effective coach/umpire/ref demonstrating excellent understanding of sport specific rules

Demonstrate significant influence within a game

Take your recovery heart rate and discuss how it relates to your overall fitness

Achieve a good rating in a battery of fitness tests

Take part in physical activity outside of school lessons to a good standard

Grade 7

Select and combine advanced skills, techniques and ideas, adapting them accurately and appropriately to the demands of the activities

Consistently show precision, control, fluency and originality

Draw on what you know of the principles of advanced tactics and compositional ideas apply these in your own and others' work. Modify them in response to changing circumstances and other performers

Analyse and comment on your own and others' work as individuals and team members, showing that you understand how skills, tactics or composition and fitness relate to the quality of the Performance

Plan ways to improve your own and others' performance

Explain the principles of practice and training, and apply them effectively

Explain the benefits of regular, planned activity on health and fitness and plan their own appropriate exercise and activity programme

Work towards a NGB coaching/officiating award within your chosen sport

Achieve an excellent rating in a battery of fitness tests

Bring the best out of yourself and others through physical activity

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