

St Bede's Catholic Voluntary Academy

KS3 Age Related Expectations

Department: PE

Year Group: 7

	Working Towards	Working At	Working Beyond
		Skills - Meets criteria in at least half of activities covered Me in PE – consistently meets expectations	Working beyond in at least three activities covered Me in PE – consistently meets expectations
Skills	Demonstrates a basic awareness of skills but struggles to perform them independently Application of skills is often inconsistent and rarely appropriate to the task Tactical and strategic decisions are seldom relevant Physical endurance and strength are below expected levels; fatigues easily and struggles to keep up with the intensity.	Demonstrates a solid understanding of the activity or skill and can perform it with minimal to no assistance. Results are mostly accurate with few errors, demonstrating control and precision. Tactical and strategic decisions are increasingly effective Demonstrates basic physical fitness; endurance and strength	Demonstrates a strong, confident understanding and can perform skills independently and consistently. Results are consistently accurate, demonstrating a high level of precision and control. Tactical and strategic decisions are successful and effective. Maintains good levels of endurance and strength, capable of performing well over the course of a session or game.
Me in PE	Rarely shows understanding or practice of fair play; can become frustrated or display unsportsmanlike behaviour. Rarely communicates with teammates and struggles to collaborate effectively during team activities or games. Shows little to no interest in self-reflection; often unaware of areas for improvement.	Shows some awareness of fair play but occasionally struggles with maintaining good sportsmanship during intense moments. Communicates occasionally with teammates, though may still struggle to collaborate fully during gameplay. Reflects on performance occasionally but may need guidance to identify areas for growth.	Generally, demonstrates excellent sportsmanship, following rules and showing respect for opponents and teammates alike. Effectively communicates with teammates, offering support, direction, and encouragement during games and practice. Regularly reflects on performance, identifies strengths and areas for improvement, and works to develop skills.



St Bede's Catholic Voluntary Academy

KS3 Age Related Expectations

Department: PE

Year Group: 8

	Working Towards	Working At	Working Beyond
		Skills - Meets criteria in at least half of activities covered Me in PE – consistently meets expectations	Working beyond in at least three activities covered Me in PE – consistently meets expectations
Skills	Demonstrates some understanding of the activity or skill and can perform it with minimal assistance. Results are mostly accurate with few errors, demonstrating control and precision. Tactical and strategic decisions are increasingly effective Demonstrates basic physical fitness; endurance and strength	Demonstrates a solid understanding and can perform skills independently and consistently. Results are consistently accurate, demonstrating an increasing level of precision and control. Tactical and strategic decisions are usually successful and effective. Maintains good levels of endurance and strength, capable of performing well over the course of a session or game.	Demonstrates a good understanding and can perform skills independently and consistently. Results are consistently accurate, demonstrating a good level of precision and control. Tactical and strategic decisions are successful and effective. Maintains high levels of endurance and strength, capable of performing well over the course of a session or game.
Me in PE	Shows some awareness of fair play but occasionally struggles with maintaining good sportsmanship during intense moments. Communicates occasionally with teammates, though may still struggle to collaborate fully during gameplay. Reflects on performance occasionally but may need guidance to identify areas for growth.	Usually, demonstrates good sportsmanship, following rules and showing respect for opponents and teammates alike. Usually communicates effectively with teammates, offering support, direction, and encouragement during games and practice. Can reflect on performance, identifying strengths and areas for improvement, and works to develop skills.	Generally, demonstrates good sportsmanship, following rules and showing respect for opponents and teammates alike. Effectively communicates with teammates, offering support, direction, and encouragement during games and practice. Regularly reflects on performance, identifies strengths and areas for improvement, and works to develop skills.





St Bede's Catholic Voluntary Academy

KS3 Age Related Expectations

Department: PE

Year Group: 9

	Working Towards	Working At	Working Beyond
		Skills - Meets criteria in at least half of activities covered Me in PE – consistently meets expectations	Working beyond in at least three activities covered across Y8 and Y9 Me in PE – consistently meets expectations
Skills	Demonstrates a solid understanding of the activity or skill and can perform it with minimal assistance. Results are mostly accurate with few errors, demonstrating control and precision. Tactical and strategic decisions are increasingly effective Demonstrates some physical fitness; endurance and strength	Demonstrates a good understanding and can perform skills independently and consistently. Results are consistently accurate, demonstrating an increasing level of precision and control. Tactical and strategic decisions are usually successful and effective. Maintains good levels of endurance and strength, capable of performing well over the course of a session or game.	Demonstrates a strong, confident understanding and can perform skills independently. Results are consistently accurate, demonstrating a high level of precision and control. Tactical and strategic decisions are successful and effective. Shows excellent physical fitness, with the ability to maintain high levels of performance.
Me in PE	Shows some awareness of fair play but occasionally struggles with maintaining good sportsmanship during intense moments. Communicates occasionally with teammates, though may still struggle to collaborate fully during gameplay. Reflects on performance occasionally but may need guidance to identify areas for growth.	Generally, demonstrates good sportsmanship, following rules and showing respect for opponents and teammates alike. Effectively communicates with teammates, offering support, direction, and encouragement during games and practice. Regularly reflects on performance, identifies strengths and areas for improvement, and works to develop skills.	Always exemplifies fair play, displaying integrity, respect, and a positive attitude regardless of the outcome Demonstrates strong leadership and communication skills, motivating the team and fostering collaboration under pressure Consistently reflects on and evaluates own performance, seeking opportunities for improvement and demonstrating growth over time.



