KS3 GRADE DESCRIPTORS

PE

Physical ME	Skill development & application within activity	Knowledge & application, of rules & tactics	Performance
Pre -Foundational	When demonstrating basic skills in practice, I can perform these with little support or direction from others.	I can play games following some of the main rules of the sport. I sometimes need direction from other players to direct me on what to do or where to position myself.	In games/practices, I am sometimes able to demonstrate some skills when under pressure.
Foundational	I can demonstrate basic skills (running, jumping, throwing & catching) to a good standard.	I can follow all rules of the sport being played. I have some knowledge of tactical strategies that may be used during games/performances.	When faced with opposition, my decision-making may be ineffective in both predetermined and spontaneous situations.
Emerging	I attempt to demonstrate skills using my weaker hand/foot but are not executed as expected. I can demonstrate basic skills in games often with success but struggle to perform more advanced skills without errors.	I can follow all rules of the sport being played and identify when others are not able to follow rules. I know a position and its impact on a game/performance.	My contribution is consistent for some parts of games/performances. My performance sometimes breaks down under increased pressure.
Developing	I can demonstrate some skills using both my dominant and weaker foot/hand. I can demonstrate both basic and advanced skills with few errors in games.	I can follow all rules of the sport being played and can direct others in games/performances when they break the rules. I can make tactical decisions in a game and direct others.	My contribution is consistent for the majority of games/performances. My performance is mostly effective and significant within my team.
Secure	I can demonstrate most skills using both my dominant and weaker foot/hand. I can perform a good range of skills with consistency with correct technique and timing	I have good tactical awareness and will make decisions during games/performances that may influence my team.	My contribution is consistently positive throughout the whole game/performance. My performance is often effective and significant within my team/activity.
Advanced	I can perform a wide range of skills with refinement, precision, control and fluency. I can consistently select the most appropriate skills and will often be successful in outwitting opponents	I can identify areas of weakness in my team and the opposition and can make effective strategies to gain a tactical advantage.	My contribution is consistently positive throughout games/performances over several weeks. My performance is highly effective and significant within my team/activity.

Healthy ME	Knowledge of Healthy Living	Resilience	Involved / Engaged
Pre -Foundational	I can describe the short-term effects of exercise on the body, such as increased heart rate and breathing rate.	I give up easily when elements activities become challenging and failure occurs.	My activity levels vary significantly between sports.
Foundational	I can both describe the long-term and short-term effects of exercise on a person.	I tend to give activities a few attempts before giving up or getting frustrated.	I remain on task for most of the lesson, but I will sometimes need encouragement and direction from the teacher.
Emerging	I can identify multiple benefits of living a Heathy Active Lifestyle [HAL].	I show resilience in some activities but can show signs of frustration when I find a task/activity difficult.	I take responsibility for my own learning for most of the lesson, but I need some encouragement from peers or the teacher.
Developing	I understand the importance of exercise, and I am starting to identify what can happen if people do not follow a HAL.	I show resilience in most activities but can show signs of frustration when I find a task/activity very difficult.	I maintain motivation and focus for most of the task, and I attempt to work through difficulties.
Secure	I can explain what is needed to improve my health and fitness.	I show resilience in all activities and do not give up easily.	I am able to work independently for the duration of the task, and I am self-motivated.
Advanced	I can explain and apply the long-term and short-term effects of exercise on my physical and mental well-being to myself.	I show a high level of resilience in all aspects of PE and sports, I never give up no matter the circumstance.	I am able to work independently for the duration of the lesson, and I am self-motivated. I will also encourage and motivate others.

Thinking ME	Analytical	Independent Thinker	Teamwork and Leadership
Pre -Foundational	I can find a few strengths and weaknesses, but my feedback is general. It often links only to gameplay, not the specific sport.	I will often look to other students or teachers for direction.	I join in a little but find it hard to work with others. I need help to take part in team activities.
Foundational	I can name some strengths and improvements in performance. I can give feedback using the correct sport words	I can start tasks in lessons with minimal input from teachers and other students.	I join in with my team and can help with simple tasks when asked. I listen to others and share my ideas.
Emerging	I can point out a range of strengths and improvements in performance. My feedback is linked to the sport and includes ways to improve.	I may start to support other students with their learning in the lesson.	I work well in a team and can take responsibility for a task. I help my teammates when they need it.
Developing	I can quickly spot strengths and weaknesses in performance. I can give feedback using sport-specific words and ideas for improvement.	I can direct other students so they have a better understanding of what they need to do in the lesson	I take on leadership when asked and help my team stay organised. I encourage others and keep the group working together.
Secure	I can explain several strengths and areas to improve for myself and others. I can suggest different strategies to help performance.	I am a positive role model to other students and will direct and support other students if asked to do so	I lead well and make sure everyone has a role. I encourage and support my team to do their best.
Advanced	I can give detailed feedback on my own and others' performance using the right sport words. I can clearly explain what went well and how to improve.	I take the initiative in lessons and can offer support to others without being instructed to do so.	I lead confidently, include everyone, and inspire my team to work well together. I help solve problems and keep everyone motivated.