Core PE



Year 7

Year 7	Acquiring	Developing	Securing	Mastering
Football	Demonstrates limited knowledge and understanding of aerobic and anaerobic endurance and cannot define either. Does not work well as part of a team and shows a lack of empathy and respect for others. Struggle to perform fundamental skills demonstrating a lack of control.	Demonstrates sound knowledge and can define each aerobic and anaerobic endurance but has limited understanding of how to develop each type. Can work as part of a team and shows some empathy and respect for others. Can perform fundamental skills with control and accuracy.	Can define aerobic and anaerobic endurance and explain how to develop each type of endurance. Works well as part of a team helping to problem solve as well as, showing empathy and respect for others. Can perform more complex skills in a competitive situation with control, accuracy and fluency.	Can define aerobic and anaerobic endurance along with the benefits, and can confidently explain methods to develop each type of endurance and link to the sport. Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals. Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.
Basketball	Struggle to identify any bones or muscles and cannot measure maximum heart rate. Join KS3 showing minimal effort and determination to improve fitness levels. Struggle to perform fundamental skills demonstrating a lack of control.	Can identify some major bones and muscles and understand how to measure maximum heart rate. Join KS3 enjoying PE showing some effort and determination to improve fitness levels. Can perform fundamental skills with control and accuracy.	Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate. Join KS3 with a passion for PE showing good effort and determination to improve fitness levels. Can perform more complex skills in a competitive situation with control, accuracy and fluency.	Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels. Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels. Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.

Year 7	Acquiring	Developing	Securing	Mastering
Gymnastics	Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles. Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting personal best.	Demonstrates limited knowledge and can identify some strengths in performance. This is communicated to peers. Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase. Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best.	Demonstrates good knowledge and can identify some strengths and weaknesses. Feedback is effective. Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns. Can accurately replicate more advanced movements showing good control aiming towards achieving personal best.	Demonstrates excellent knowledge when identifying strengths and weaknesses and feedback is detailed. Peer performance is improved as a result. Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern. Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.
Rugby	Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles. Struggle to perform techniques and apply tactics during competitive tasks.	Can identify some major bones and muscles and understand how to measure maximum heart rate. Can lead a pulse raising phase of a warm up in small groups however knowledge lacks in mobility/stretching phase. Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.	Can identify most of the major bones and muscles and can consistently and accurately. measure maximum heart rate Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns. Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.	Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels. Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern. Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.

Year 7	Acquiring	Developing	Securing	Mastering
	Struggle to identify any bones or	Can identify some major bones	Can identify most of the major	Can identify all of the major bones and
	muscles and cannot measure	and muscles and understand how to	bones and muscles and can	muscles and use maximum heart rate to
	maximum heart rate.	measure maximum heart rate.	consistently and accurately measure	determine physical fitness levels.
	Does not work well as part of a	Can work as part of a team and	maximum heart rate.	Works extremely well as part of a team,
	team and shows a lack of empathy	shows some empathy and respect	Works well as part of a team	acting as a role model, and encourages
Orienteering	and respect for others	for others.	helping to problem solve as well as,	others to help achieve common goals.
Orienteering	Struggle to perform techniques	Can occasionally perform	showing empathy and respect for	Consistently perform techniques with
	and apply tactics during competitive	techniques and apply tactics during	others.	control and apply complex tactics during
	tasks.	competitive tasks to overcome	Can regularly perform	competitive tasks to overcome problems
		problems.	techniques and apply tactics during	effectively.
			competitive tasks to overcome	
			problems.	
	Demonstrates limited knowledge	Demonstrates sound knowledge	Can define aerobic and	Can define aerobic and anaerobic
	and understanding of aerobic and	and can define each aerobic and	anaerobic endurance and explain	endurance along with the benefits, and can
	anaerobic endurance and cannot	anaerobic endurance but has limited	how to develop each type of	confidently explain methods to develop each
	define either.	understanding of how to develop	endurance.	type of endurance and link to the sport.
	Join KS3 showing minimal effort	each type.	Join KS3 with a passion for PE	♥ Join KS3 with a love and passion for PE
Swimming	and determination to improve fitness	Join KS3 enjoying PE showing	showing good effort and	demonstrating outstanding effort and
3w	levels.	some effort and determination to	determination to improve fitness	determination to improve fitness levels.
	Replication of specific movements	improve fitness levels.	levels.	Can demonstrate control and fluency and
	is restricted and uncontrolled and	Can replicate basic movements	Can accurately replicate more	replicating advanced movements. Always
	motivation lacks in attempting	and shows limited control however	advanced movements showing good	aiming to achieve personal best.
	personal best.	shows desire to improve and	control aiming towards achieving	
		achieve personal best.	personal best.	

Year 7	Acquiring	Developing	Securing	Mastering
	Demonstrates limited	Demonstrates knowledge in	Demonstrates sound knowledge and	Demonstrates excellent knowledge
	knowledge in games and	discussions however lacks application.	can suggest ideas on how to improve	which contributes to outwitting of
	feedback is insufficient.	Beginning to identify strengths and	performance. Can identify strengths and	opponents. Feedback is effective and peer
	Does not work well as part	weaknesses during feedback	weaknesses and feedback includes	performance is improved as a result.
	of a team and shows a lack of	opportunities.	strategies to improve performance.	Works extremely well as part of a team,
Dance	empathy and respect for	Can work as part of a team and	Works well as part of a team helping to	acting as a role model, and encourages
Dance	others.	shows some empathy and respect for	problem solve as well as, showing empathy	others to help achieve common goals.
	Replication of specific	others.	and respect for others.	Can demonstrate control and fluency
	movements is restricted and	Can replicate basic movements	Can accurately replicate more	and replicating advanced movements.
	uncontrolled and motivation	and shows limited control however	advanced movements showing good	Always aiming to achieve personal best.
	lacks in attempting personal	shows desire to improve and achieve	control aiming towards achieving personal	
	best.	personal best.	best.	
	Demonstrates limited	Demonstrates sound knowledge	Can define aerobic and anaerobic	Can define aerobic and anaerobic
	knowledge and understanding	and can define each aerobic and	endurance and explain how to develop	endurance along with the benefits, and can
	of aerobic and anaerobic	anaerobic endurance but has limited	each type of endurance.	confidently explain methods to develop
	endurance and cannot define	understanding of how to develop each	Confidently leads each phase of a	each type of endurance and link to the
	either.	type.	warm up in small groups and can link	sport.
	Lacks confidence when	Can lead a pulse raising phase of a	muscles and bones to certain stretches	Warm up consists of several phases of
Cricket	leading a warm up in small	warm up in small groups however	and mobility patterns.	a pulse raiser, dynamic stretches and
	groups and cannot make links	knowledge lacks in	Can regularly perform techniques and	movements which are specific to the
	between bones and muscles.	mobility/stretching phase.	apply tactics during competitive tasks to	sport/activity. Can confidently link muscles
	Struggle to perform	Can occasionally perform	overcome problems.	and bones to each movement pattern.
	techniques and apply tactics	techniques and apply tactics during		Consistently perform techniques with
	during competitive tasks.	competitive tasks to overcome		control and apply complex tactics during
		problems.		competitive tasks to overcome problems
				effectively.

Year 7	Acquiring	Developing	Securing	Mastering
Athletics	levels. Replication of specific movements is restricted and uncontrolled and motivation lacks in attempting	Can identify some major bones and muscles and understand how to measure maximum heart rate. Join KS3 enjoying PE showing some effort and determination to improve fitness levels. Can replicate basic movements and shows limited control however shows desire to improve and achieve personal best.	Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate. Join KS3 with a passion for PE showing good effort and determination to improve fitness levels. Can accurately replicate more advanced movements showing good control aiming towards achieving personal best.	Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels. Join KS3 with a love and passion for PE demonstrating outstanding effort and determination to improve fitness levels. Can demonstrate control and fluency and replicating advanced movements. Always aiming to achieve personal best.
Netball	Lacks confidence when leading a warm up in small groups and cannot make links between bones and muscles. Struggle to perform fundamental	a warm up in small groups however knowledge lacks in	Can identify most of the major bones and muscles and can consistently and accurately measure maximum heart rate. Confidently leads each phase of a warm up in small groups and can link muscles and bones to certain stretches and mobility patterns. Can perform more complex skills in a competitive situation with control, accuracy and fluency.	Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels. Warm up consists of several phases of a pulse raiser, dynamic stretches and movements which are specific to the sport/activity. Can confidently link muscles and bones to each movement pattern. Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.

Year 7	Acquiring	Developing	Securing	Mastering
Rounders	Demonstrates limited tactical knowledge in games and feedback is insufficient. Does not work well as part of a team and shows a lack of empathy and respect for others. Struggle to perform techniques and apply tactics during competitive tasks.	knowledge in discussions however lacks application. Beginning to identify strengths and weaknesses during feedback opportunities. Can work as part of a team and shows some empathy and respect for others. Can occasionally perform techniques and apply tactics during competitive tasks to overcome problems.	Demonstrates sound tactical knowledge and can suggest ideas on how to outwit opponents in game situations. Can identify strengths and weaknesses and feedback includes strategies to improve performance. Works well as part of a team helping to problem solve as well as, showing empathy and respect for others. Can regularly perform techniques and apply tactics during competitive tasks to overcome problems.	Demonstrates excellent tactical knowledge which contributes to outwitting of opponents. Feedback is effective and peer performance is improved as a result. Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals. Consistently perform techniques with control and apply complex tactics during competitive tasks to overcome problems effectively.
Fundamentals	Struggle to identify any bones or muscles and cannot measure maximum heart rate. Does not work well as part of a team and shows a lack of empathy and respect for others. Struggle to perform fundamental skills demonstrating a lack of control.	to measure maximum heart rate. Can work as part of a team and shows some empathy and respect for others. Can perform fundamental skills with control and accuracy.	and muscles and can consistently and accurately measure maximum heart rate.	Can identify all of the major bones and muscles and use maximum heart rate to determine physical fitness levels. Works extremely well as part of a team, acting as a role model, and encourages others to help achieve common goals. Combines advanced skills and techniques with exceptional control and coordination to outwit opponents in a competitive situation with regular success.

Year 7	Acquiring	Developing	Securing	Mastering
	Demonstrates limited	Demonstrates sound	Can define aerobic and anaerobic	Can define aerobic and anaerobic
	knowledge and understanding of	knowledge and can define each	endurance and explain how to develop	endurance along with the benefits, and can
	aerobic and anaerobic endurance	aerobic and anaerobic endurance	each type of endurance.	confidently explain methods to develop each
	and cannot define either.	but has limited understanding of	Join KS3 with a passion for PE	type of endurance and link to the sport.
	Join KS3 showing minimal	how to develop each type.	showing good effort and determination	Join KS3 with a love and passion for PE
Short Tennis	effort and determination to	Join KS3 enjoying PE showing	to improve fitness levels.	demonstrating outstanding effort and
	improve fitness levels.	some effort and determination to	Can regularly perform techniques	determination to improve fitness levels.
	Struggle to perform	improve fitness levels.	and apply tactics during competitive	Consistently perform techniques with
	techniques and apply tactics	Can occasionally perform	tasks to overcome problems.	control and apply complex tactics during
	during competitive tasks.	techniques and apply tactics		competitive tasks to overcome problems
		during competitive tasks to		effectively.
		overcome problems.		

Core PE



Year 8

Year 8	Acquiring	Developing	Securing	Mastering
Basketball	Shows very limited knowledge of rules and regulations and lacks confidence implementing these. Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up. Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.	Is confident when explaining the rules and regulations however lacks confidence when applying under pressure. Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements. There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.	Demonstrates a good level of precision and control when performing	Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles. Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared. Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.
Badminton	Struggles to describe what a healthy and active lifestyle consists of and what the benefits are. Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others. Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.	roles having a positive influence on the group. There are satisfactory levels of control and precision when	precision and control when performing skills and contributes positively to game	Can explain risks and repercussions if a healthy and active lifestyle is not followed. Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role. Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.

Year 8	Acquiring	Developing	Securing	Mastering
	Struggles to identify strengths	Can begin to pinpoint areas of	Confidence in the evaluation	Evaluation process is in-depth and
	and weaknesses of performance	performance that are strengths and/or	process and feedback consists of	feedback outlines methods to improve
	therefore feedback is limited.	weaknesses and can feedback this to	strategies to improve performance.	performance, ultimately having a positive
	Lacks knowledge of an	individuals/groups.	Is confident when leading and	impact on peer performance.
	activity-specific warm up and	Can provide some ideas for an	elements of chosen sport are evident in	Warm up is confidently led to a large
	shows limited confidence when	activity-specific warm up and when	each phase of the warm up. Major	group and major muscles are located and
Street Dance	leading in a large group. Major	leading, can link some major muscles to	muscles are referred to during mobility	referred to during each phase. Entire
	muscles are not referred to during	certain movements.	and stretching phase.	warm up is sport-specific and the group
	warm up.	Demonstrates some strength and	Good core strength and flexibility is	is mentally and physically prepared.
	Demonstrates poor strength	limited flexibility during movements	shown when performing and	Excellent core strength and flexibility
	and flexibility during movements	and can sometimes show good timing	movements are often fluent and	is demonstrated when performing and
	and rarely shows good timing and	and accuracy.	coordinated.	movements are consistently fluent and
	accuracy.			coordinated.
	Shows very limited knowledge	Is confident when explaining the	Has sound knowledge of basic rules	Has a great knowledge of more
	of rules and regulations and lacks	rules and regulations however lacks	and regulations and is confident in	advanced rules and regulations and is
	confidence implementing these.	confidence when applying under	applying knowledge in friendly	able to confidently apply these, rarely
	Does not effectively fulfill the	pressure.	competition.	making mistakes, when in numerous
	role they are given in lessons and	Shows respect to officials when	Consistently respects all decisions	officiating roles.
	does not have a significant	decisions are made for and against and	and is a role model to the rest of the	Constantly respects officials and all
Softball	influence on others.	adequately fulfill their roles having a	group. Understands each role and	decisions whilst having a significant
	Control and precision when	positive influence on the group.	always and has a positive influence on	influence on peers. Is a role model in
	performing basic skills is limited	There are satisfactory levels of	the group whilst in each role.	every role.
	and levels of muscular and aerobic	control and precision when performing	Demonstrates a good level of	Positively influences competitive
	endurance are below average.	skills whilst aerobic and muscular	precision and control when performing	situations as a result of excellent levels of
		endurance levels are improving.	skills and contributes positively to	precision, control, aerobic and muscular
			game situations. Aerobic and muscular	endurance.
			endurance levels are good.	

Year 8	Acquiring	Developing	Securing	Mastering
	Struggles to describe what a	Can describe several benefits	Can describe examples of how to live a	Can explain risks and repercussions
	healthy and active lifestyle	that a healthy and active lifestyle	healthy and active lifestyle and can identify	if a healthy and active lifestyle is not
	consists of and what the benefits	has on physical and mental health.	physical and mental benefits.	followed.
	are.	Shows good intent to improve	Always determined to improve fitness	Constantly tries to improve
Orienteering	Drive and determination to	personal fitness levels and results	levels and results and helps to motivate	personal fitness levels and results and
and Parkour	improve fitness is minimal and	and this has a positive influence on	small groups to achieve their best.	acts as a role model influencing others
and Parkour	does not help to motivate peers.	peers.	Is always motivated to try and achieve	to achieve their best lessons.
	Performance in a range of	Often strives towards personal	personal best showing very good physical	Shows excellent levels of physical
	training methods is below	best in several training methods	fitness levels. Can identify and explain the	fitness in every training method as well
	standard as physical fitness is	demonstrating a good level of	best training methods for different	as a huge desire to achieve personal
	poor.	physical fitness.	sports/activities.	best.
	Shows very limited knowledge	Is confident when explaining the	Has sound knowledge of basic rules and	Has a great knowledge of more
	of rules and regulations and lacks	rules and regulations however lacks	regulations and is confident in applying	advanced rules and regulations and is
	confidence implementing these.	confidence when applying under	knowledge in friendly competition.	able to confidently apply these, rarely
	Does not effectively fulfill the	pressure.	Consistently respects all decisions and is	making mistakes, when in numerous
	role they are given in lessons and	Shows respect to officials when	a role model to the rest of the group.	officiating roles.
	does not have a significant	decisions are made for and against	Understands each role and always and has a	Constantly respects officials and all
Tennis	influence on others.	and adequately fulfill their roles	positive influence on the group whilst in	decisions whilst having a significant
	Control and precision when	having a positive influence on the	each role.	influence on peers. Is a role model in
	performing basic skills is limited	group.	Demonstrates a good level of precision	every role.
	and levels of muscular and aerobic	There are satisfactory levels of	and control when performing skills and	Positively influences competitive
	endurance are below average.	control and precision when	contributes positively to game situations.	situations as a result of excellent levels
		performing skills whilst aerobic and	Aerobic and muscular endurance levels are	of precision, control, aerobic and
		muscular endurance levels are	good.	muscular endurance.
		improving.		

Year 8	Acquiring	Developing	Securing	Mastering
	Struggles to describe what a	Can describe several benefits	Can describe examples of how to live	Can explain risks and repercussions if a
	healthy and active lifestyle	that a healthy and active lifestyle	a healthy and active lifestyle and can	healthy and active lifestyle is not followed.
	consists of and what the benefits	has on physical and mental health.	identify physical and mental benefits.	Constantly tries to improve personal
	are.	Shows good intent to improve	Always determined to improve	fitness levels and results and acts as a role
Health	Prive and determination to	personal fitness levels and results	fitness levels and results and helps to	model influencing others to achieve their
Related	improve fitness is minimal and	and this has a positive influence on	motivate small groups to achieve their	best lessons.
	does not help to motivate peers.	peers.	best.	Shows excellent levels of physical
Exercise	Performance in a range of	Often strives towards personal	Is always motivated to try and	fitness in every training method as well as
	training methods is below	best in several training methods	achieve personal best showing very good	a huge desire to achieve personal best.
	standard as physical fitness is	demonstrating a good level of	physical fitness levels. Can identify and	
	poor.	physical fitness.	explain the best training methods for	
			different sports/activities.	
	Shows very limited knowledge	Is confident when explaining the	Has sound knowledge of basic rules	Has a great knowledge of more
	of rules and regulations and lacks	rules and regulations however lacks	and regulations and is confident in	advanced rules and regulations and is able
	confidence implementing these.	confidence when applying under	applying knowledge in friendly	to confidently apply these, rarely making
	Lacks knowledge of an	pressure.	competition.	mistakes, when in numerous officiating
	activity-specific warm up and	Can provide some ideas for an	s confident when leading and	roles.
	shows limited confidence when	activity-specific warm up and when	elements of chosen sport are evident in	Warm up is confidently led to a large
Rugby	leading in a large group. Major	leading, can link some major	each phase of the warm up. Major	group and major muscles are located and
	muscles are not referred to during	muscles to certain movements.	muscles are referred to during mobility	referred to during each phase. Entire warm
	warm up.	There are satisfactory levels of	and stretching phase.	up is sport-specific and the group is
	Control and precision when	control and precision when	Demonstrates a good level of	mentally and physically prepared.
	performing basic skills is limited	performing skills whilst aerobic and	precision and control when performing	Positively influences competitive
	and levels of muscular and aerobic	muscular endurance levels are	skills and contributes positively to game	situations as a result of excellent levels of
	endurance are below average.	improving.	situations. Aerobic and muscular	precision, control, aerobic and muscular
			endurance levels are good.	endurance.

Year 8	Acquiring	Developing	Securing	Mastering
Football	consists of and what the benefits are. Does not effectively fulfill the role they are given in lessons and does not have a significant influence on others. Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.	Can describe several benefits that a healthy and active lifestyle has on physical and mental health. Shows respect to officials when decisions are made for and against and adequately fulfill their roles having a positive influence on the group. There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.	Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits. Consistently respects all decisions and is a role model to the rest of the group. Understands each role and always and has a positive influence on the group whilst in each role. Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.	Can explain risks and repercussions if a healthy and active lifestyle is not followed. Constantly respects officials and all decisions whilst having a significant influence on peers. Is a role model in every role. Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.
Trampolining	Drive and determination to improve fitness is minimal and does not help to motivate peers. Demonstrates poor strength and flexibility during movements and rarely shows good timing and accuracy.	Can begin to pinpoint areas of performance that are strengths and/or weaknesses and can feedback this to individuals/groups. Shows good intent to improve personal fitness levels and results and this has a positive influence on peers. Demonstrates some strength and limited flexibility during movements and can sometimes show good timing and accuracy.	Confidence in the evaluation process and feedback consists of strategies to improve performance. Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best. Good core strength and flexibility is shown when performing and movements are often fluent and coordinated.	Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance. Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons. Excellent core strength and flexibility is demonstrated when performing and movements are consistently fluent and coordinated.

Year 8	Acquiring	Developing	Securing	Mastering
	Shows very limited knowledge	Is confident when explaining the	Has sound knowledge of basic rules	Has a great knowledge of more
	of rules and regulations and lacks	rules and regulations however lacks	and regulations and is confident in	advanced rules and regulations and is
	confidence implementing these.	confidence when applying under	applying knowledge in friendly	able to confidently apply these, rarely
	Prive and determination to	pressure.	competition.	making mistakes, when in numerous
	improve fitness is minimal and	Shows good intent to improve	Always determined to improve fitness	officiating roles.
Athletics	does not help to motivate peers.	personal fitness levels and results and	levels and results and helps to motivate	Constantly tries to improve personal
Atmetics	Performance in a range of	this has a positive influence on peers.	small groups to achieve their best.	fitness levels and results and acts as a
	training methods is below	Often strives towards personal best	Is always motivated to try and achieve	role model influencing others to achieve
	standard as physical fitness is	in several training methods	personal best showing very good physical	their best lessons.
	poor.	demonstrating a good level of physical	fitness levels. Can identify and explain the	Shows excellent levels of physical
		fitness.	best training methods for different	fitness in every training method as well
			sports/activities.	as a huge desire to achieve personal best.
	Shows very limited knowledge	Is confident when explaining the	Has sound knowledge of basic rules	Has a great knowledge of more
	of rules and regulations and lacks	rules and regulations however lacks	and regulations and is confident in	advanced rules and regulations and is
	confidence implementing these.	confidence when applying under	applying knowledge in friendly	able to confidently apply these, rarely
	Does not effectively fulfill the	pressure.	competition.	making mistakes, when in numerous
	role they are given in lessons and	Shows respect to officials when	Consistently respects all decisions and	officiating roles.
	does not have a significant	decisions are made for and against and	is a role model to the rest of the group.	Constantly respects officials and all
Cricket	influence on others.	adequately fulfill their roles having a	Understands each role and always and has	decisions whilst having a significant
	Control and precision when	positive influence on the group.	a positive influence on the group whilst in	influence on peers. Is a role model in
	performing basic skills is limited	There are satisfactory levels of	each role.	every role.
	and levels of muscular and aerobic	control and precision when performing	Demonstrates a good level of precision	Positively influences competitive
	endurance are below average.	skills whilst aerobic and muscular	and control when performing skills and	situations as a result of excellent levels of
		endurance levels are improving.	contributes positively to game situations.	precision, control, aerobic and muscular
			Aerobic and muscular endurance levels are	endurance.
			good.	

Year 8	Acquiring	Developing	Securing	Mastering
Netball	Shows very limited knowledge of rules and regulations and lacks confidence implementing these. Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up. Control and precision when performing basic skills is limited and levels of muscular and aerobic endurance are below average.	Is confident when explaining the rules and regulations however lacks confidence when applying under pressure. Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements. There are satisfactory levels of control and precision when performing skills whilst aerobic and muscular endurance levels are improving.	Has sound knowledge of basic rules and regulations and is confident in applying knowledge in friendly competition. Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase. Demonstrates a good level of precision and control when performing skills and contributes positively to game situations. Aerobic and muscular endurance levels are good.	Has a great knowledge of more advanced rules and regulations and is able to confidently apply these, rarely making mistakes, when in numerous officiating roles. Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared. Positively influences competitive situations as a result of excellent levels of precision, control, aerobic and muscular endurance.
Benchball	Struggles to identify strengths and weaknesses of performance therefore feedback is limited. Drive and determination to improve fitness is minimal and does not help to motivate peers. Performance in a range of training methods is below standard as physical fitness is poor.	performance that are strengths and/or weaknesses and can feedback this to individuals/groups. Shows good intent to improve	Confidence in the evaluation process and feedback consists of strategies to improve performance. Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best. Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities.	Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance. Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.

Year 8	Acquiring	Developing	Securing	Mastering
Swimming	Struggles to identify strengths and weaknesses of performance therefore feedback is limited. Drive and determination to improve fitness is minimal and does not help to motivate peers Demonstrates poor strength and flexibility during movements and rarely shows good timing and accuracy.		Confidence in the evaluation process and feedback consists of strategies to improve performance. Always determined to improve fitness levels and results and helps to motivate small groups to achieve their best. Good core strength and flexibility is shown when performing and movements are often fluent and coordinated.	Evaluation process is in-depth and feedback outlines methods to improve performance, ultimately having a positive impact on peer performance. Constantly tries to improve personal fitness levels and results and acts as a role model influencing others to achieve their best lessons. Excellent core strength and flexibility is demonstrated when performing and movements are consistently fluent and coordinated.
Tag Rugby	Struggles to describe what a healthy and active lifestyle consists of and what the benefits are. Lacks knowledge of an activity-specific warm up and shows limited confidence when leading in a large group. Major muscles are not referred to during warm up. Performance in a range of training methods is below standard as physical fitness is poor.	Can describe several benefits that a healthy and active lifestyle has on physical and mental health. Can provide some ideas for an activity-specific warm up and when leading, can link some major muscles to certain movements. Often strives towards personal best in several training methods demonstrating a good level of physical fitness.	Can describe examples of how to live a healthy and active lifestyle and can identify physical and mental benefits. Is confident when leading and elements of chosen sport are evident in each phase of the warm up. Major muscles are referred to during mobility and stretching phase. Is always motivated to try and achieve personal best showing very good physical fitness levels. Can identify and explain the best training methods for different sports/activities.	Can explain risks and repercussions if a healthy and active lifestyle is not followed. Warm up is confidently led to a large group and major muscles are located and referred to during each phase. Entire warm up is sport-specific and the group is mentally and physically prepared. Shows excellent levels of physical fitness in every training method as well as a huge desire to achieve personal best.

Year 8	Acquiring	Developing	Securing	Mastering
	Shows very limited	Is confident when explaining the	Has sound knowledge of basic rules and	Has a great knowledge of more
	knowledge of rules and	rules and regulations however lacks	regulations and is confident in applying	advanced rules and regulations and is
	regulations and lacks confidence	confidence when applying under	knowledge in friendly competition.	able to confidently apply these, rarely
	implementing these.	pressure.	Consistently respects all decisions and is	making mistakes, when in numerous
	Does not effectively fulfill the	Shows respect to officials when	a role model to the rest of the group.	officiating roles.
	role they are given in lessons and	decisions are made for and against and	Understands each role and always and has a	Constantly respects officials and
Rounders	does not have a significant	adequately fulfill their roles having a	positive influence on the group whilst in	all decisions whilst having a
	influence on others.	positive influence on the group.	each role.	significant influence on peers. Is a role
	Control and precision when	There are satisfactory levels of	Demonstrates a good level of precision	model in every role.
	performing basic skills is limited	control and precision when performing	and control when performing skills and	Positively influences competitive
	and levels of muscular and	skills whilst aerobic and muscular	contributes positively to game situations.	situations as a result of excellent
	aerobic endurance are below	endurance levels are improving.	Aerobic and muscular endurance levels are	levels of precision, control, aerobic
	average.		good.	and muscular endurance.
	Struggles to identify	Can begin to pinpoint areas of	Confidence in the evaluation process and	Evaluation process is in-depth and
	strengths and weaknesses of	performance that are strengths and/or	feedback consists of strategies to improve	feedback outlines methods to improve
	performance therefore feedback	weaknesses and can feedback this to	performance.	performance, ultimately having a
	is limited.	individuals/groups.	Consistently respects all decisions and is	positive impact on peer performance.
	Does not effectively fulfill the	Shows respect to officials when	a role model to the rest of the group.	Constantly respects officials and
	role they are given in lessons and	decisions are made for and against and	Understands each role and always and has a	all decisions whilst having a
Short Tennis	does not have a significant	adequately fulfill their roles having a	positive influence on the group whilst in	significant influence on peers. Is a role
	influence on others.	positive influence on the group.	each role.	model in every role.
	Control and precision when	There are satisfactory levels of	Demonstrates a good level of precision	Positively influences competitive
	performing basic skills is limited	control and precision when performing	and control when performing skills and	situations as a result of excellent
	and levels of muscular and	skills whilst aerobic and muscular	contributes positively to game situations.	levels of precision, control, aerobic
	aerobic endurance are below	endurance levels are improving.	Aerobic and muscular endurance levels are	and muscular endurance.
	average.		good.	

Core PE



Year 9

Year 9	Acquiring	Developing	Securing	Mastering
	Can identify strengths and	Analysis of performance contains	Performance is analysed and constructive	Analysis is very detailed and advice
	•	information related to strengths and	feedback is provided subsequently. Feedback	is communicated in a way that helps
	struggles to suggest ideas and	areas for improvements and small	includes detailed information on how to	improve peer performance.
	targets on how to improve.		improve performance.	Helps peers by providing strategies
Health	Shows little resilience when	areas.	Is very resilient in pressure situations and	to be resilient in difficult situations. Is a
	faced with barriers and sometimes	Is resilient in most situations and	is a role model to most peers by suggesting	role model and motivates the entire
Related	encourages others to improve.	often encourages peers to achieve their	areas to improve to achieve personal best.	group to achieve their personal best.
Exercise	Struggles to apply technical	personal best.	Can demonstrate a range of advanced	Can perform advanced skills to
	skills and can identify some	Can apply some advanced skills and	skills and uses a range of components of	outwit opponents and can explain how
	components of fitness. Can perform	uses some components of fitness to	fitness to gain an advantage over opponents.	to work in different training zones in
	in aerobic zone most of the time but	outwit opponents. Works well in the	Can perform in a range of training zones to	order to develop a range of fitness
	rarely challenges themselves to	aerobic zone and often challenges	achieve personal best.	components.
	achieve personal best.	themselves to work in the aerobic zone.		
	Decisions are often incorrect in	Can make accurate decisions most	Confidently officiates competitive	Can adopt and is confident in a
	pressure situations and there is a	of the time however struggles to	situations and decisions are consistently	range of officiating roles and remains
	lack of control in game situations.	enforce all of the rules and regulations.	correct. Games are under control due to quick	composed, making the correct decision
	Communication is limited when	Communicates well with use of	and concise decision-making.	in pressure situations.
	making decisions in game situations.	hand signals and verbal communication	Is confident when communicating with	Non-verbal and verbal
	Confidence lacks when asked to	however decision making is hesitant.	players using both verbal and non-verbal	communication is used with great
	justify decisions.	Can demonstrate skills with	communication. Decisions are justified with	confidence and as a result, games run
Tennis	Skills are performed with slight	increasing fluency and consistency and	detailed explanations.	smoothly and under control. Decisions
	consistency and fluency. Opponents	can suggest how to outwit opponents	Skills are demonstrated with consistency	are justified due to excellent officiating
	are rarely outwitted.	when demonstrating these skills.	and fluency and opponents are sometimes	knowledge.
			outwitted as a result.	Skills are performed with fluency
				and performance is extremely
				consistent. There is a significant desire
				to achieve personal best through
				gaining the advantage over opponents.

Year 9	Acquiring	Developing	Securing	Mastering
	Decisions are often incorrect in	Can make accurate decisions	Confidently officiates competitive	Can adopt and is confident in a range
	pressure situations and there is a	most of the time however struggles	situations and decisions are consistently	of officiating roles and remains
	lack of control in game situations.	to enforce all of the rules and	correct. Games are under control due to	composed, making the correct decision in
	Communication is limited when	regulations.	quick and concise decision-making.	pressure situations.
	making decisions in game situations.	Communicates well with use of	Is confident when communicating with	Non-verbal and verbal
	Confidence lacks when asked to	hand signals and verbal	players using both verbal and non-verbal	communication is used with great
Badminton	justify decisions.	communication however decision	communication. Decisions are justified	confidence and as a result, games run
	Struggles to apply technical	making is hesitant.	with detailed explanations.	smoothly and under control. Decisions
	skills and can identify some	Can apply some advanced skills	Can demonstrate a range of advanced	are justified due to excellent officiating
	components of fitness.	and uses some components of	skills and uses a range of components of	knowledge.
	Can perform in aerobic zone most of	fitness to outwit opponents. Works	fitness to gain an advantage over	Can perform advanced skills to outwit
	the time but rarely challenges	well in the aerobic zone and often	opponents. Can perform in a range of	opponents and can explain how to work
	themselves to achieve personal best.	challenges themselves to work in	training zones to achieve personal best.	in different training zones in order to
		the aerobic zone.		develop a range of fitness components.
	Can identify strengths and	Analysis of performance	Performance is analysed and	Analysis is very detailed and advice is
	weaknesses in performance however	contains information related to	constructive feedback is provided	communicated in a way that helps
	struggles to suggest ideas and	strengths and areas for	subsequently. Feedback includes detailed	improve peer performance.
	targets on how to improve.	improvements and small targets to	information on how to improve	Drill/warm up is effective, fun and
	Planning does not contain much	help improve in certain areas.	performance.	shows progress throughout. Organisation
Basketball	detail and drill/warm up is engaging	Planning is of a good standard	Planning is very detailed and	and transitions are smooth as a result of
Dasketball	however organisation could be	and drill/warm up is organised,	drill/warm up shows good pace, is	excellent planning.
	developed.	engaging and effective.	organised and is progressive.	Uses a range of fitness components
	Demonstrates an average level	Good levels of the above fitness	Demonstrates high levels of fitness in	in varying situations to outwit opponents
	in a range of these fitness	components and sometimes gets	a range of areas and knows how and when	and influences the dynamic of
	components and advantage is rarely	the better of opponents in game	to use these to gain an advantage over	competitive situations.
	gained in competitive situations.	situations.	opponents in game situations.	

г

Year 9	Acquiring	Developing	Securing	Mastering
Table Tennis	Decisions are often incorrect in pressure situations and there is a lack of control in game situations. Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions. Skills are performed with slight consistency and fluency. Opponents are rarely outwitted.	Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations. Communicates well with use of hand signals and verbal communication however decision making is hesitant. Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.	Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making. Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations. Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.	Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations. Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge. Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.
Cricket	engaging however organisation could be developed. Skills are performed with slight consistency and fluency.	Can suggest tactics to help outwit opponents and attempt these in games inconsistently. Planning is of a good standard and drill/warm up is organised, engaging and effective. Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.	Tactical awareness is very good and strategies are often attempted in game situations with some success. Planning is very detailed and drill/warm up shows good pace, is organised and is progressive. Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.	Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation. Drill/warm up is effective, fun and shows progress throughout. Organisation and transitions are smooth as a result of excellent planning. Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.

Year 9	Acquiring	Developing	Securing	Mastering
	Tactical awareness is limited and	Can suggest tactics to help outwit	Tactical awareness is very good and	Tactical awareness is superb and
	methods to outwit opponents are	opponents and attempt these in games	strategies are often attempted in game	confidence is shown through competitive
	rarely used in competitive	inconsistently.	situations with some success.	situations to adapt team/individual tactics.
	situations.	Planning is of a good standard and	Planning is very detailed and	These tactics have a positive influence on
	Planning does not contain much	drill/warm up is organised, engaging	drill/warm up shows good pace, is	the game situation.
	detail and drill/warm up is engaging	and effective.	organised and is progressive.	Drill/warm up is effective, fun and
Football	however organisation could be	Good levels of the above fitness	Demonstrates high levels of fitness	shows progress throughout. Organisation
	developed.	components and sometimes gets the	in a range of areas and knows how and	and transitions are smooth as a result of
	Demonstrates an average level	better of opponents in game situations.	when to use these to gain an advantage	excellent planning.
	in a range of these fitness		over opponents in game situations.	Uses a range of fitness components in
	components and advantage is rarely			varying situations to outwit opponents and
	gained in competitive situations.			influences the dynamic of competitive
				situations.
	Tactical awareness is limited and	Can suggest tactics to help outwit	Tactical awareness is very good and	Tactical awareness is superb and
	methods to outwit opponents are	opponents and attempt these in games	strategies are often attempted in game	confidence is shown through competitive
	rarely used in competitive	inconsistently.	situations with some success.	situations to adapt team/individual tactics.
	situations.	Is resilient in most situations and	s very resilient in pressure	These tactics have a positive influence on
	Shows little resilience when	often encourages peers to achieve their	situations and is a role model to most	the game situation.
	faced with barriers and sometimes	personal best.	peers by suggesting areas to improve	Helps peers by providing strategies to
Rugby	encourages others to improve.	Good levels of the above fitness	to achieve personal best.	be resilient in difficult situations. Is a role
	Demonstrates an average level	components and sometimes gets the	Demonstrates high levels of fitness	model and motivates the entire group to
	in a range of these fitness	better of opponents in game situations.	in a range of areas and knows how and	achieve their personal best.
	components and advantage is rarely		when to use these to gain an advantage	Uses a range of fitness components in
	gained in competitive situations.		over opponents in game situations.	varying situations to outwit opponents and
				influences the dynamic of competitive
				situations.

Year 9	Acquiring	Developing	Securing	Mastering
Softball	Tactical awareness is limited and methods to outwit opponents are rarely used in competitive situations. Shows little resilience when faced with barriers and sometimes encourages others to improve. Skills are performed with slight consistency and fluency. Opponents are rarely outwitted.	Can suggest tactics to help outwit opponents and attempt these in games inconsistently. Is resilient in most situations and often encourages peers to achieve their personal best. Can demonstrate skills with increasing fluency and consistency and can suggest how to outwit opponents when demonstrating these skills.	Tactical awareness is very good and strategies are often attempted in game situations with some success. Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best. Skills are demonstrated with consistency and fluency and opponents are sometimes outwitted as a result.	Tactical awareness is superb and confidence is shown through competitive situations to adapt team/individual tactics. These tactics have a positive influence on the game situation. Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best. Skills are performed with fluency and performance is extremely consistent. There is a significant desire to achieve personal best through gaining the advantage over opponents.
Pool Option	Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve. Shows little resilience when faced with barriers and sometimes encourages others to improve. Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.	Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas. Is resilient in most situations and often encourages peers to achieve their personal best. Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.	Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance. Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best. Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.	Analysis is very detailed and advice is communicated in a way that helps improve peer performance. Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best. Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.

Year 9	Acquiring	Developing	Securing	Mastering
Trampolining	Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions. Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but	Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas. Communicates well with use of hand signals and verbal communication however decision making is hesitant. Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.	Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance. Is confident when communicating with players using both verbal and non-verbal communication. Decisions are justified with detailed explanations. Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.	Analysis is very detailed and advice is communicated in a way that helps improve peer performance. Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge. Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.
Athletics	Shows little resilience when faced with barriers and sometimes encourages others to improve. Demonstrates an average level in a range of these fitness components and advantage is rarely gained in competitive situations.	Analysis of performance contains information related to strengths and areas for improvements and small targets to help improve in certain areas. Is resilient in most situations and often encourages peers to achieve their personal best. Good levels of the above fitness components and sometimes gets the better of opponents in game situations.	Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance. Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best. Demonstrates high levels of fitness in a range of areas and knows how and when to use these to gain an advantage over opponents in game situations.	Analysis is very detailed and advice is communicated in a way that helps improve peer performance. Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best. Uses a range of fitness components in varying situations to outwit opponents and influences the dynamic of competitive situations.

Year 9	Acquiring	Developing	Securing	Mastering
Tchoukball	Decisions are often incorrect in pressure situations and there is a lack of control in game situations. Communication is limited when making decisions in game situations. Confidence lacks when asked to justify decisions. Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.	Can make accurate decisions most of the time however struggles to enforce all of the rules and regulations. Communicates well with use of hand signals and verbal communication however decision making is hesitant. Can apply some advanced skills and uses some components of fitness to outwit opponents. Works well in the aerobic zone and often challenges themselves to work in the aerobic zone.	Confidently officiates competitive situations and decisions are consistently correct. Games are under control due to quick and concise decision-making. Is confident when communicating with players using both verbal and nonverbal communication. Decisions are justified with detailed explanations. Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.	Can adopt and is confident in a range of officiating roles and remains composed, making the correct decision in pressure situations. Non-verbal and verbal communication is used with great confidence and as a result, games run smoothly and under control. Decisions are justified due to excellent officiating knowledge. Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.
Clubbercise	Can identify strengths and weaknesses in performance however struggles to suggest ideas and targets on how to improve. Shows little resilience when faced with barriers and sometimes encourages others to improve. Struggles to apply technical skills and can identify some components of fitness. Can perform in aerobic zone most of the time but rarely challenges themselves to achieve personal best.	Can apply some advanced skills and uses some components of fitness	Performance is analysed and constructive feedback is provided subsequently. Feedback includes detailed information on how to improve performance. Is very resilient in pressure situations and is a role model to most peers by suggesting areas to improve to achieve personal best. Can demonstrate a range of advanced skills and uses a range of components of fitness to gain an advantage over opponents. Can perform in a range of training zones to achieve personal best.	Analysis is very detailed and advice is communicated in a way that helps improve peer performance. Helps peers by providing strategies to be resilient in difficult situations. Is a role model and motivates the entire group to achieve their personal best. Can perform advanced skills to outwit opponents and can explain how to work in different training zones in order to develop a range of fitness components.

Year 9	Acquiring	Developing	Securing	Mastering
	Decisions are often incorrect	Can make accurate decisions most	Confidently officiates competitive	Can adopt and is confident in a range of
	in pressure situations and there	of the time however struggles to	situations and decisions are consistently	officiating roles and remains composed,
	is a lack of control in game	enforce all of the rules and regulations.	correct. Games are under control due to	making the correct decision in pressure
	situations.	Communicates well with use of	quick and concise decision-making.	situations.
	Communication is limited	hand signals and verbal communication	Is confident when communicating	Non-verbal and verbal communication is
	when making decisions in game	however decision making is hesitant.	with players using both verbal and non-	used with great confidence and as a result,
Korfball	situations. Confidence lacks	Can demonstrate skills with	verbal communication. Decisions are	games run smoothly and under control.
.tobu	when asked to justify decisions.	increasing fluency and consistency and	justified with detailed explanations.	Decisions are justified due to excellent
	Skills are performed with	can suggest how to outwit opponents	Skills are demonstrated with	officiating knowledge.
	slight consistency and fluency.	when demonstrating these skills.	consistency and fluency and opponents	Skills are performed with fluency and
	Opponents are rarely outwitted.		are sometimes outwitted as a result.	performance is extremely consistent. There
				is a significant desire to achieve personal
				best through gaining the advantage over
				opponents.