

KS3 Physical Education Learning Journey

We use the Head Heart Hands assessment method which supports the development of Physical Literacy for all students

Year 7

I can remember some teaching points of most skills

I can comment on my performance

I participate in PE lessons with very good effort and enthusiasm

- I participate in most PE lessons
- I bring the correct PE kit to most PE lessons.
- I follow instructions
- I am respectful to my peers

I can perform several skills with some technique and accuracy in both drills and conditioned games

DIGNITY

I can show good leadership skills amongst my peers in an activity of my choice

I regularly perform several skills with technique and accuracy in both drills and conditioned games

Year 8



I can recall some tactics within a game situation
I regularly comment on my performance with regards to strength and weaknesses

- I am encouraging to my peers throughout some activities and at times I offer guidance

I can usually perform several skills with some technique and accuracy in both drills and conditioned games

I can explain how and why it is important to exercise with confidence

- I regularly participate in extracurricular activities

Year 9

I demonstrate the ability of several components of fitness within several activities

-I can score in most activities with accuracy and confidence

GCSE Ready!

I can umpire and manage game situations with some confidence

I regularly perform all skills with very good technique and accuracy in both drills, conditioned games and full games\performances.

- I am an excellent team player and take on a leadership role within group activities, I actively encourage others

