

### **PE GRADES FOR KEY STAGE 3**

Within each level, there will be a letter to show:

**S:** Secure

**D:** Developing

Level 1:

Uses fundamental skills such as throwing, catching and running in isolation with some control

- Demonstrates a skill or movement when assisted
- Completes short periods of exercise and can sustain effort in activity
- Demonstrates an effective warm up.

Level 2:

- Demonstrates simple skills in competitive situations with limited control and accuracy
- Demonstrates a skill or movement independently
- Beginning to improve their general levels of fitness because they do not fatigue easily.

Level 3:

- Demonstrates simple skills in more competitive situations with control and accuracy
- Combines skills with control and coordination
- Applies fundamental movement skills and tactics to different activities
- Improving general levels of fitness so they do not fatigue easily
- Describe and demonstrates an effective warm up.

Level 4:

- Perform more complex skills with control and accuracy
- Changes tactics, strategies and skills to suit changing competitive situations
- Able to combine skills and techniques in different situations
- Promotes active and healthy lifestyle habits
- Shows an understanding of how to improve their fitness and health.

Level 5:

- Performs more complex skills with control, accuracy and fluency
- Changes tactics and strategies to suit changing situations and evaluate the impact
- Accesses a range of extracurricular activities in order to develop skills
- Independently demonstrates and leads

Level 6:

- Combines advanced skills and techniques in a range of situations with exceptional control and co-ordination
- Changes skills to suit different situations, having an influential effect in competitive situations
- Accesses a range of extracurricular/community opportunities to extend and develop skills and techniques
- Demonstrates resilience and physical fitness by remaining active for sustained periods of time