

KS3 Specification

2020



PHYSICAL EDUCATION

Stage Descriptors

RLT Stage Criteria

Stage II

1. Demonstrates all core and many advanced skills for the activity in isolation, competitive drills and can apply them in performance situations
2. All core skills are consistently performed with an excellent standard of accuracy, control and fluency in isolation and competitive situations
3. Most advanced skills are performed showing very good control, accuracy and fluency
4. Demonstrates appropriate levels of physical fitness and psychological control to perform at a very high level
5. Successfully selects and uses appropriate skills on most occasions to influence successful outcomes
6. Applies appropriate advanced strategies/ tactics/ compositional ideas demonstrating an excellent understanding of the activity
7. AOP: Demonstrates an excellent awareness of others' strengths, weaknesses and uses this to make a significant impact on the performance
8. Officiating: Demonstrates excellent awareness of the rules/ regulations of the activity during performance
9. Communication: demonstrates excellent communication with others and has a positive effect on performance
10. Exercising safely: Demonstrates excellent regard for the safety of themselves and others and applies them consistently

Stage 10

1. Demonstrates all core and some advanced skills for the activity in isolation, competitive drills and most performance situations
2. All core skills are consistently performed with a very good standard of accuracy, control and fluency in isolation and competitive situations
3. Several advanced skills are performed showing very good control, accuracy and fluency most of the time
4. Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively
5. Successfully selects and uses appropriate skills on many occasions to influence successful outcomes
6. Tactics: Applies appropriate advanced strategies/ tactics/ compositional ideas demonstrating a very good understanding of the activity
7. AOP: Demonstrates excellent awareness of others' strengths, weaknesses in performance situations and supports to aid further improvement
8. Officiating: Demonstrates very good awareness of the rules/ regulations of the activity during the performance
9. Communication: demonstrates very good communication with others and influences on performance in a positive way
10. Exercising safely: Demonstrates very good regard for the safety of themselves and others and applies them consistently

Stage 9

1. Demonstrates all core skills for the activity in isolation, competitive drills and attempts them in performance situations
2. Demonstrates many advanced skills for the activity some under competitive pressure
3. Core skills are performed with a very good standard of accuracy, control and fluency in isolation and competitive situations
4. Several advanced skills are performed showing good control, accuracy and fluency
5. Demonstrates appropriate levels of physical fitness and psychological control to perform effectively
6. Successfully selects and uses appropriate skills on many occasions
7. Applies appropriate strategies/ tactics/ compositional ideas demonstrating a very good understanding of the activity
8. AOP: Demonstrates very good awareness of others strengths, weaknesses in performance situations and supports to aid further improvement
9. Officiating: Demonstrates very good awareness of the rules/ regulations of the activity during the performance
10. Communication: demonstrates very good communication with others and has an influence on performance
11. Exercising safely: Demonstrates very good regard for the safety of themselves and others

Stage 8

1. Demonstrates most core skills for the activity in isolation, competitive drills and attempts them in performance situations. Demonstrates many advanced skills for the activity in isolation and is starting to develop some under competitive pressure
2. Core skills are mostly performed with a very good standard of accuracy, control and fluency in isolation and competitive situations
3. Several advanced skills are performed showing some control, accuracy and fluency
4. Demonstrates appropriate levels of physical fitness to perform effectively
5. Successfully selects and uses appropriate skills on some occasions
6. Applies appropriate strategies/ tactics/ compositional ideas demonstrating a good understanding of the activity
7. AOP: Identifies strengths and weaknesses of self and others in performance situations and offers points for improvement
8. Officiating: Demonstrate good awareness of the rules/ regulations of the activity during performance
9. Communication: demonstrates good communication with others and has an influence on performance
10. Exercising safely: Demonstrates good regard for the safety of themselves and others

Stage Descriptors

Stage 7	<ol style="list-style-type: none">1. Demonstrates most core skills for the activity in isolation and under competitive pressure2. Demonstrates some advanced skills in isolation3. Core skills are mostly performed with good, control accuracy and fluency in isolation and competitive situations4. Advanced skills are starting to develop showing some control, accuracy and fluency5. Demonstrates sufficient physical fitness to perform with some effectiveness6. Selects and uses appropriate skills on most occasions7. Applies some strategies/ tactics/ compositional ideas demonstrating some understanding of the activity8. AOP: Identifies strengths and weaknesses of self and others in competitive practices and offers points for improvement9. Officiating: Knows the basic rules/ regulations and applies them in competitive practices10. Communication: Starts to develop communication with others to affect performance11. Exercising safely: Demonstrates an awareness of the safety of themselves and others
Stage 6	<ol style="list-style-type: none">1. Demonstrates many core skills for the activity in isolation and is starting to develop some under competitive pressure2. Attempts advanced skills in isolation3. Core skills are performed with some accuracy, control and fluency in isolation and competitive situations4. Advanced skills are starting to develop5. Demonstrates sufficient physical fitness for the activity6. Selects and uses appropriate skills on some occasions7. Starting to develop knowledge of and applies some strategies/ tactics/ compositional ideas8. AOP: Identify strengths and weaknesses of self and others in isolated practices and offer points for improvement9. Officiating: Knows the basic rules/ regulations and applies them in isolated practices10. Communication: Uses basic communication11. Exercising safely: Follows basic safety procedures for the activity
Stage 5	<ol style="list-style-type: none">1. Demonstrates many core skills for the activity in isolation2. Core skills are starting to develop control, accuracy and fluency in isolation and competitive situations3. Demonstrate some physical fitness for the activity4. Selects appropriate skills sometimes5. Developing knowledge of some strategies/ tactics/ compositional ideas6. AOP: Identify strengths and weaknesses of self and others in isolated practices7. Officiating: Know the basic rule8. Communication: Limited9. Exercising safely: Know basic safety procedures for the activity

Stage Descriptors

Stage 4	<ol style="list-style-type: none"> 1. Demonstrates some core skills for the activity in isolation 2. Core skills are starting to develop control, accuracy and fluency in isolation 3. Demonstrates limited physical fitness for the activity 4. Starting to select appropriate skills and to know some strategies/ tactics/ compositional ideas 5. AOP: Can suggest strengths and weaknesses of self in isolated practices 6. Officiating: Can identify some basic rules 7. Communication: Rarely communicates 8. Exercising safely: Know some basic safety procedures for the activity
Stage 3	<ol style="list-style-type: none"> 1. Performs basic skills accurately with fluency and control 1. Can combine actions and starting to apply them to specific activities
Stage 2	<ol style="list-style-type: none"> 1. Select and use skills with co-ordination and control 1. Use running, jumping, throwing and catching in isolation and in combination
Stage 1	<ol style="list-style-type: none"> 1. Copy, repeat and remember simple skills with co-ordination and control 1. Can perform basic movements such as running, jumping, throwing and catching
Stage 0	<ol style="list-style-type: none"> 1. Copy and repeat simple skills 1. Starting to develop balance and co-ordination

**BASIC SKILLS
NOT SPORT/ ACTIVITY SPECIFIC**

At stages 0-3 - these are general skills needed for most games.

At stage 4-11 - these are core and advanced skills needed for specific activities.