KS3 Age Related Expectations



Year 7

WORKING TOWARDS Expectations

- **Perform** basic physical skills with some control in a range of activities.
- **Use** simple tactics and strategies with support during team and individual activities.
- **Take part** in physical activity regularly and maintain effort for most of the lesson.
- **Work** appropriately with others to complete tasks and challenges.
- **Identify** basic strengths and areas for improvement in their own performance.
- **Recognise** some benefits of how physical activity contributes to a healthy lifestyle.

WORKING AT Expectations

- **Perform** a range of physical skills with control and confidence across different activities.
- **Apply** simple tactics and strategies to improve performance in team and individual activities.
- **Engages / Participates** fully in physical activity and maintains effort throughout lessons.
- **Work** effectively with others to complete tasks and solve challenges.
- **Analyse** performance and **identify** ways to improve.
- **Demonstrate** respect, fairness and positive attitudes towards others during participation.
- **Explain** why regular physical activity is important for a healthy lifestyle.

WORKING BEYOND Expectations

- **Performs** physical skills consistently with control, precision and fluency across a range of activities.
- **Apply** tactics and strategies independently to influence performance and outcomes.
- **Adapt** their skills and decisions in response to changing situations.
- **Support** and encourage others to improve in individual and team performances.
- **Evaluate** performance and suggest effective improvements.
- **Demonstrate** leadership, resilience and commitment in physical activity.
- **Participates** in physical activity beyond lessons and can explain its wider benefits.

Progression

SHENLEY BROOK END SCHOOL

5 DIMENSIONS TRUST

Year 8

WORKING TOWARDS Expectations

- **Perform** a range of physical skills with control and confidence across different activities.
- **Apply** simple tactics and strategies to improve performance in team and individual activities.
- **Engages / Participates** fully in physical activity and maintains effort throughout lessons.
- **Work** effectively with others to complete tasks and solve challenges.
- **Analyse** performance and **identify** ways to improve.
- **Demonstrate** respect, fairness and positive attitudes towards others during participation.
- **Explain** why regular physical activity is important for a healthy lifestyle.

WORKING AT Expectations

- **Performs** physical skills consistently with control, precision and fluency across a range of activities.
- **Apply** tactics and strategies independently to influence performance and outcomes.
- **Adapt** their skills and decisions in response to changing situations.
- **Support** and encourage others to improve in individual and team performances.
- **Evaluate** performance and suggest effective improvements.
- **Demonstrate** leadership, resilience and commitment in physical activity.
- **Participates** in physical activity beyond lessons and can explain its wider benefits.

WORKING BEYOND Expectations

- **Refine** and combine skills and techniques effectively to produce high-quality performances across a range of activities with precision control and fluency.
- **Apply** advanced tactics and strategies successfully in competitive and challenging situations.
- **Adapt** performance independently and make effective decisions under pressure.
- **Analyse** performance critically and implement improvements independently.
- **Lead** and support others to improve individual and team performance, **demonstrating** commitment and sporting values.
- **Actively participates** in physical activity beyond school and promotes healthy active lifestyles.