

Aim High Step Descriptors		Key Stage 3 Physical Education		
		A	B	C
		Skills, techniques and performance	Knowledge and understanding	Health and wellbeing
<p><b>Working Towards</b> Year 7 expectations.</p>	<p><b>Step 1</b></p>	<p>I understand why it is important to think responsibly for my learning by being safe and I know how to independently prepare appropriately for most situations.</p>	<p>I can demonstrate while performing basic fundamental skills such as evading, running, throwing, catching, kicking and striking effectively demonstrating basic levels of coordination in isolated activities. While participating I show basic levels of cardiovascular and muscular endurance and I take responsibility for trying to develop these.</p>	<p>I demonstrate that I am responsible in all types of lessons and deal with the expectations of collaborating with others to improve and make progress.</p>
		<p>I understand why it is important to deal with expectations and I understand why it is important to be persistent with my attitude and effort in lessons in order to improve and make progress.</p>	<p>I can apply while performing, basic fundamental skills such as evading, running, throwing, catching, kicking and striking effectively demonstrating improved levels of coordination in a greater range of situations. While participating I show increased levels of cardiovascular and muscular endurance and I am persistent while trying to develop and improve.</p>	<p>I demonstrate persistence consistently while I perform during a range of situations and cope with changes and new challenges that I am presented with.</p>
<p><b>Working Above</b> the expectations for Year 7 and at a greater depth.</p> <p>Working towards Year 8 expectations.</p>	<p><b>Step 3</b></p>	<p>I understand why it is important to be consistent with my behaviours and why it is important to be flexible when I am faced with a new challenge and collaborating with others.</p>	<p>I can demonstrate while performing a range of core skills with increased accuracy and consistently showing increasing levels of coordination in a range of activities. I demonstrate an increasing understanding of tactics and strategies to outwit an opponent. While participating have improved my levels of cardiovascular and muscular endurance and can complete the challenges I am faced with, with greater ease.</p>	<p>When I perform I am consistently demonstrating appropriate behaviours appropriate to the environment as I strive to develop and improve as a performer</p>
<p><b>Working at the Expected Standard</b> and are meeting the criteria as described by the curriculum area for Year 8.</p>	<p><b>Step 4</b></p>	<p>I understand the importance of being honest and empathetic with myself and others. I am aware of the consequences that the actions of myself and others can impact on those around us.</p>	<p>I can apply while performing a range of core skills with accuracy, consistency and fluency showing good levels of coordination in wide range of activities. Tactical understanding is improving and I demonstrate creativity with strategies to outwit an opponent in more competitive situations. While participating I have good levels of cardiovascular and muscular endurance and understand how to exercise in order to develop further.</p>	<p>I demonstrate initiative when I perform and cooperate with the majority of my peers to work towards achieving an overall aim in a variety of environments</p>
<p><b>Working Above</b> the expectations for Year 8 and at greater depth.</p> <p>Working towards Year 9 expectations.</p>	<p><b>Step 5</b></p>	<p>I understand why it is important to set myself goals to remained focused on my learning and be creative and ambitious to improve and develop myself and my peers</p>	<p>I can demonstrate while performing a range of more advanced skills with control, accuracy and consistency showing demonstrating greater precision of coordination in a wider range of activities. I implement my knowledge of tactics and strategies effectively to perform consistently well in competitive and noncompetitive situations. While participating I have good levels of cardiovascular and muscular endurance and know how to improve my levels of fitness.</p>	<p>I perform I show good leadership traits in different situations including effective communication and collaborative skills into improve as an individual and support my peers.</p>
<p><b>Working at the Expected Standard</b> and are meeting the criteria as described by the curriculum area for Year 9.</p>	<p><b>Step 6</b></p>	<p>I understand the process of taking calculated risk taking and I am understanding the benefits that responding to new challenges can have on my self-confidence and leadership skills.</p>	<p>I can apply while performing a range of more advanced skills with an increased degree of accuracy, consistency, fluency and precision showing high levels of coordination in the majority of skills. I can apply tactics and strategies effectively through effective decision making to outwit opponents and perform well showing excellent levels of leadership. While participating I have excellent levels of cardiovascular and muscular endurance and I know how to exercise in order to improve.</p>	<p>I demonstrate that I can make effective decision making when I perform and can lead my peers by example in a range of situations to support and manage my peers</p>
<p><b>Working Above</b> the expectations for Year 9 and at a greater depth.</p>	<p><b>Step 7</b></p>	<p>I understand the importance of being resilient and respectful and understand the impact this can have on my me and others around</p>	<p>I can demonstrate, while performing advanced skills and technique across a range of activities in competitive situations. Very few errors are evident and I can take calculated risks through effective decision making to outwit opponents and perform efficiently. My levels of physical fitness are high and I have a thorough understanding of how to improve these and the self-control to take responsibility for looking after my physical fitness.</p>	<p>As a person I am resilient and I demonstrates this consistently without fail. As a result, I am respectful of everyone I come into contact with regardless of the situation</p>