

**Hexham Middle School  
Progression of Age-Related Expectations**

<b>Physical Education (PE)</b>	<b>Year 5</b>	<b>Year 6</b>	<b>Year 7</b>	<b>Year 8</b>
<b>Motor Competence</b>	<p>Demonstrate a few core skills for the activity in isolation and under pressure in game situations.</p> <p>Core skills performed with some consistency, some accuracy, control &amp; fluency.</p> <p>Selects and uses appropriate skills on a few occasions.</p>	<p>Demonstrate some core skills for the activity in isolation and under pressure in game situations.</p> <p>Core skills performed with average consistency, and some accuracy, control &amp; fluency.</p> <p>Advanced skills demonstrated are performed with limited consistency and often lack accuracy, control &amp; fluency.</p> <p>Selects and uses appropriate skills on some occasions.</p>	<p>Demonstrate many core skills for the activity in isolation and some under pressure in game situations.</p> <p>Core skills performed with consistency, and some accuracy, control &amp; fluency.</p> <p>Advanced skills demonstrated are performed with some consistency and often with average accuracy, control &amp; fluency.</p> <p>Successfully selects and uses appropriate skills on some occasions.</p>	<p>Demonstrate many core skills for the activity in isolation and consistently in under pressure in game situations.</p> <p>Core skills performed with a good consistency, and a good accuracy, control &amp; fluency.</p> <p>Advanced skills demonstrated are performed with consistency and a good standard of accuracy, control &amp; fluency.</p> <p>Successfully selects and uses appropriate skills on many occasions.</p>
<b>Rules, Strategies and Tactics</b>	<p>Applies team strategies / tactics / compositional ideas &amp; demonstrates limited understanding of the activity.</p> <p>Demonstrates limited awareness of rules &amp; regulations.</p> <p>Demonstrates limited awareness of and response to strengths &amp; weaknesses of their own &amp; others' performances.</p>	<p>Sometimes applies team strategies / tactics / compositional ideas &amp; demonstrates some understanding of the activity.</p> <p>Demonstrates some awareness of rules &amp; regulations.</p> <p>Demonstrates some awareness of and response to strengths &amp; weaknesses of their own &amp; others' performances.</p>	<p>Often applies team strategies / tactics / compositional ideas &amp; demonstrates some understanding of the activity.</p> <p>Demonstrates good awareness of rules &amp; regulations.</p> <p>Demonstrates good awareness of and response to strengths &amp; weaknesses of their own &amp; others' performances and can offer some suggestions to improve.</p>	<p>Regularly and successfully applies team strategies / tactics / compositional ideas &amp; demonstrates good understanding of the activity.</p> <p>Demonstrates a good awareness of rules &amp; regulations.</p> <p>Demonstrates good awareness of and response to strengths &amp; weaknesses of their own &amp; others' performances and can offer useful suggestions to improve.</p>
<b>Healthy Participation</b>	Shows an average level of physical fitness & psychological control to perform with some effectiveness.	Shows a sufficient level of physical fitness & psychological control to perform with some effectiveness.	Shows a good level of physical fitness & psychological control to perform with some effectiveness.	Shows a very good level of physical fitness & psychological control to perform effectively.