

Hexham Middle School
Progression of Age-Related Expectations

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

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	<p>Pupils are able to select appropriate skills on some occasions.</p> <p>Sometimes applies team strategies / tactics / compositional ideas & demonstrates some understanding of the activity.</p> <p>Demonstrates some awareness of rules & regulations.</p> <p>Demonstrates some awareness of and response to strengths & weaknesses of their own & others' performances.</p> <p>Shows a sufficient level of physical fitness & psychological control to perform with some effectiveness.</p>	<p>Core skills performed with consistency, and some accuracy, control & fluency.</p> <p>Advanced skills demonstrated are performed with some consistency and often with average accuracy, control & fluency.</p> <p>Successfully selects and uses appropriate skills on some occasions.</p> <p>Often applies team strategies / tactics / compositional ideas & demonstrates some understanding of the activity.</p> <p>Demonstrates good awareness of rules & regulations.</p> <p>Demonstrates good awareness of and response to strengths & weaknesses of their own & others' performances and can offer some suggestions to improve.</p> <p>Shows a good level of physical fitness & psychological control to perform with some effectiveness.</p>	<p>Core skills performed with a good consistency, and a good accuracy, control & fluency.</p> <p>Advanced skills demonstrated are performed with consistency and a good standard of accuracy, control & fluency.</p> <p>Successfully selects and uses appropriate skills on many occasions.</p> <p>Regularly and successfully applies team strategies / tactics / compositional ideas & demonstrates good understanding of the activity.</p> <p>Demonstrates a good awareness of rules & regulations.</p> <p>Demonstrates good awareness of and response to strengths & weaknesses of their own & others' performances and can offer useful suggestions to improve.</p> <p>Shows a very good level of physical fitness & psychological control to perform effectively.</p>	<p>Core skills are performed consistently with a very good standard of accuracy, control and fluency.</p> <p>The advanced skills demonstrated are performed consistently with a very good standard of accuracy, control and fluency.</p> <p>Demonstrates very good levels of physical fitness and psychological control to perform effectively.</p> <p>Successfully selects and uses appropriate skills on many occasions.</p> <p>Applies appropriate team strategies/tactics/compositional ideas demonstrating a very good understanding of the activity and communication with other players is very good.</p> <p>Demonstrates very good awareness of the rules/regulations of the activity during performance.</p> <p>Demonstrates very good awareness of and response to strengths and weaknesses and actions of other players/performers.</p>
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