

PE KS3 Progress Ladder

Progress

Perform in one sport to a competitive standard and other sports to a high standard	Take on the role of an official in your dominant sport justifying to others why decisions have been made.	Regularly take part in an organised recreational or competitive sport/activity outside of school time across the entire year.	Repeatedly respond to independent self-assessment.	Demonstrate leadership skills.	Explain how the application of complex mathematical ideas can alter performance i.e. centre of gravity.
Perform at least one sport to a high standard showing control, fluency and/or precision.	Apply rules and regulations across a number of sports explaining why decisions have been made.	Regularly take part in an organised recreational or competitive sport/activity outside of school time.	Respond to independent self-assessment.	Encourage and support others.	Explain ways to link mathematical ideas to alter performance. i.e. trajectory and force.
Perform a number of sports to a competent standard showing some control, fluency and/or precision.	Explain rules and regulations in a number of sports.	Engage in physical activities beyond lessons twice a week.	Respond to teacher led self-assessment.	Collaborate with others.	Manipulate/rearrange information to calculate outcomes of scoring and performance scenarios i.e. league tables.
Perform in a couple of sports to a competent standard showing some control, fluency and/or precision.	Implement basic rules in a couple of sports.	Engage in physical activities beyond lessons once a week.	Respond to others' feedback.	Listen to others and actively contribute.	Accurately measure distances/times and use a range of scoring systems.
Attempt sporting activities.	Describe basic rules.	Describe the value of physical activity.	Try once.	Contribute positively to the team.	Measure distances/times with some accuracy and use simple scoring systems.
PERFORMANCE	UNDERSTANDING OF RULES	VALUE PHYSICAL ACTIVITY AND SPORT	PERSISTENCE	TEAM WORKING	NUMERACY