

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 in a competitive setting justifying to others why decisions have been made.	Regularly take part in an organised recreational or competitive sport/activity outside of school time.	Independently conduct research/ complete tasks outside of the lesson	Lead by example when representing the academy.	Plan and deliver a session/ festival to students from outside of the academy
	Perform at least one sport to a high standard showing control, fluency and/or precision.	Apply rules and regulations across a range of sports explaining why decisions have been made.	Engage in physical activities beyond lessons 2-3 times per week	Regularly self- assess and respond to targets	Encourage and support others to improve.	Collaborate with others to lead activities to your peers/ younger students
	Perform a number of sports to a competent standard showing some control, fluency and/or precision.	Explain some of the rules and regulations in 3 or more sports.	Take part in sport/ physical activity outside of school	Consistently respond to feedback/ self- assessment	Collaborate with peers to achieve success	Plan and lead a skills practice for a sport of your choice
	Perform in a couple of sports to a competent standard showing some control, fluency and/or precision.	Implement basic rules across a range of sports/ activities.	Understand (providing examples) the importance of physical activity	Seek help to improve/ develop	Listen to others and actively contribute to tasks	Take on the role of a leader during a warm up
	Attempt sporting activities.	Describe basic rules in the current activity.	Describe the value of physical activity.	Keep trying	Contribute positively to the team.	Be the best version of myself
	PERFORMANCE	UNDERSTANDING OF RULES	VALUE PHYSICAL ACTIVITY AND SPORT	PERSISTENCE	TEAM WORKING	LEADERSHIP