



	What can you do?	How well can you do it?	Health and Fitness	Decision Making and Leadership
9	Demonstrates all core skills and nearly all advanced skills for the activity in isolation and under competitive pressure in authentic performance situations	Core skills are performed consistently with an excellent standard of accuracy, control and fluency. the advanced skills demonstrated are performed consistently with an excellent standard of accuracy, control and fluency.	Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively	Can lead a set of leaders & adapt to changing situations. Evaluates the outcome of sessions to improve them. Analyse performances accurately and effectively. Provide advice on how to improve.
8	Demonstrates all core skills and many advanced skills for the activity in isolation and under competitive pressure in authentic performance situations	Core skills are performed consistently with a very good standard of accuracy, control and fluency. The advanced skills demonstrated are performed with some consistency and a very good standard of accuracy, control and fluency	Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively	Can lead a set of leaders & adapt to changing situations. Evaluates the outcome of sessions to improve them. Analyse performances accurately and effectively. Provide advice on how to improve.
7	Exceptional application of skills adapting and selecting appropriate skills to changing situations. Demonstrate significant ability	No fear of failure and goes above and beyond to overcome set goal/challenge. Excellent role model to others demonstrating outstanding qualities and	Determined to overcome a challenge or previous target set. Exceptional fitness levels.	Can lead a set of leaders & adapt to changing situations. Evaluates the outcome of



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PE Progress Grid

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	<p>within performances showing great confidence in changing tactics and strategies. Can reach judgements about performances independently prioritising aspects for further development.</p>	<p>can inspire others to be successful in sport. Attends 4/5 extra-curricular clubs and regularly performs in competitive situations across numerous sports. Has competed at regional/national level.</p>	<p>Continually improving strengths and applying excellent knowledge of training and fitness to work on areas for development. Bleep test score ≤ 9.5</p>	<p>sessions to improve them. Analyse performances accurately and effectively. Provide advice on how to improve.</p>
6	<p>Consistent and accurate skills performed to demonstrate good tactical awareness. Excellent movement within performances using rules to their advantage. Analyse and comment on own and others strengths and areas for development.</p>	<p>No fear of failure, seeks opportunities to learn. Ask questions to increase knowledge and enable improvement. Attends 3/4 extra-curricular clubs and played/ performed in many competitive situations. Attends an external club/organisation.</p>	<p>Works at maximum effort level for full sessions aiming to reach target zone. Secure understanding of how to use training to improve identified areas of fitness that needs developing. Bleep test score ≥ 8</p>	<p>Can plan & lead larger groups of pupils, including peers. Can produce a lesson plan. Can take on 3/4 other roles. Analyse skills and assess the impact technique has on performance, including the use of tactics.</p>
5	<p>Skills are controlled and accurate and applied appropriately to performances. Few unforced errors and knowledge of basic tactics within the correct</p>	<p>Answer questions willingly and is eager to learn and succeed through advice sought. Sets an example to others and is fair during competitive situations. Attends 2/3 extra-curricular clubs and has</p>	<p>Is generally very energetic. Encourages others and can set own fitness targets/challenges. Good knowledge of most</p>	<p>Can lead others when asked. Can lead a 3 part warm-up, including a skill practice. Can take on 2 different</p>



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	rules. Can contribute significantly to own and others performances.	captained a team or led within a club.	areas of fitness relating to different training methods. Bleep test score ≥ 6.5	roles. Identifies similar/different skills/techniques amongst peers using correct language
4	Skills are performed with some level of control and are sometimes applied to performances accurately Shows an understanding of some tactics/rules and is able to give feedback on the performance of others.	Will happily answer questions and responds well to feedback Works well within a group setting Is able to follow rules within a competitive situation	Works with a good level of effort showing a desire to improve performance Has knowledge of some methods of training and can discuss some areas of fitness. MSFT score of less than 6	Can lead others when working in small groups Has some understanding of the structure of a session Is able to communicate effectively and calmly and organise and deliver warmups and cool downs.
3	Can perform basic skills correctly and understand the basic rules around them. Recognise own and others strengths and areas for development.	Knows when it is appropriate to discuss/talk with peers, works well in a team. Answers questions from the teacher. Attends 1 extra-curricular club.	Applies effort when exercising. Knowledge of some areas of fitness & training. Bleep test score ≥ 5.5	Contributes to lead a warm-up in a team. Can take on 1 other role. Identifies good/bad skills.
2	Can perform basic skills in a variety of situations with some knowledge of rules.	Happy to sit back and listen. Needs to be reminded about expectations and involvement in lessons.	Happy to be teacher led. Limited knowledge of components of fitness and	Happy to be led by others. Relies on prompts when giving feedback.



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	Can apply these skills in a performance however it is not always the correct decision.	Is positive when helping others.	training methods. Bleep test score ≥ 4	
1	Can perform limited skills in a variety of different situations, showing very limited knowledge of the rules. Can apply a limited range of skills within a performance but generally makes the wrong decision.	Very limited involvement in lessons, is happy to listen and watch others participate.	Teacher led at all times, very limited knowledge of components of fitness and training methods. Bleep test score ≥ 3	Relies heavily on others within group situations.