

# Fulwood Academy- KS3 Grade Descriptors- Physical Education

Grade	Thinking ME	Physical ME	Social ME	Personal ME
0	<ul style="list-style-type: none"> <li>- Recognises simple rules but struggles to follow.</li> <li>- Minimal involvement in tactics or strategies.</li> <li>- Basic awareness of performance without reflection.</li> </ul>	<ul style="list-style-type: none"> <li>- Basic movements like running, jumping, or throwing with limited control.</li> <li>- Fatigues quickly in activities.</li> <li>- Relies on assistance to perform basic movements.</li> </ul>	<ul style="list-style-type: none"> <li>- Joins in group activities but may not cooperate well.</li> <li>- Requires guidance to follow instructions and rules.</li> <li>- Reluctant to communicate in group settings.</li> </ul>	<ul style="list-style-type: none"> <li>- Needs regular encouragement to participate.</li> <li>- Displays minimal self-control.</li> <li>- Struggles to handle success or failure in a positive way.</li> </ul>
1	<ul style="list-style-type: none"> <li>- Begins to understand rules and can outline basic tactics.</li> <li>- Evaluates simple aspects of performance with help.</li> <li>- Follows basic instructions during games.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates basic skills like throwing or running with some control.</li> <li>- Can sustain short periods of activity without fatigue.</li> <li>- Shows understanding of warm-ups with support.</li> </ul>	<ul style="list-style-type: none"> <li>- Works cooperatively with peers in small groups.</li> <li>- Can set up equipment with guidance.</li> <li>- Listens to feedback but needs support to act on it.</li> </ul>	<ul style="list-style-type: none"> <li>- Participates willingly but needs prompting.</li> <li>- Shows a positive attitude toward lessons.</li> <li>- Beginning to understand the importance of fair play and respect.</li> </ul>
2	<ul style="list-style-type: none"> <li>- Applies simple tactics in games with improving decision-making.</li> <li>- Begins to compare own performance to others'.</li> <li>- Follows rules consistently with minimal prompting.</li> </ul>	<ul style="list-style-type: none"> <li>- Combines simple skills like throwing, catching, and running with increasing control.</li> <li>- Fitness levels improve; less likely to tire quickly.</li> <li>- Demonstrates effective warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>- Confidently communicates in group activities.</li> <li>- Leads small warm-ups with basic suggestions.</li> <li>- Provides basic feedback to peers during games.</li> </ul>	<ul style="list-style-type: none"> <li>- Maintains self-control during lessons.</li> <li>- Asks for help when needed.</li> <li>- Manages emotions when winning or losing.</li> </ul>
3	<ul style="list-style-type: none"> <li>- Confidently compares performances and suggests improvements.</li> <li>- Uses tactics and strategies in competitive games.</li> <li>- Demonstrates creativity in problem-solving during activities.</li> </ul>	<ul style="list-style-type: none"> <li>- Executes more complex skills with control and accuracy.</li> <li>- Changes tactics and techniques to suit different competitive situations.</li> <li>- Demonstrates improving fitness, maintaining effort for longer periods.</li> </ul>	<ul style="list-style-type: none"> <li>- Leads warm-ups and small activities with minimal support.</li> <li>- Assists with officiating and takes on leadership roles.</li> <li>- Provides constructive feedback to peers.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates self-control and responsibility.</li> <li>- Shows resilience when faced with challenges or mistakes.</li> <li>- Exhibits sportsmanship in competitive situations.</li> </ul>

Grade	Thinking ME	Physical ME	Social ME	Personal ME
4	<ul style="list-style-type: none"> <li>- Evaluates own and others' performance to identify strengths and weaknesses.</li> <li>- Applies advanced strategies to different sports.</li> <li>- Reflects on performance and acts on feedback to improve.</li> </ul>	<ul style="list-style-type: none"> <li>- Performs complex skills with accuracy and fluency.</li> <li>- Adapts skills and strategies in response to changing situations.</li> <li>- Promotes an active and healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>- Takes initiative in leading and organising group activities.</li> <li>- Sets realistic goals and helps motivate others.</li> <li>- Provides meaningful feedback during and after activities.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates determination and resilience.</li> <li>- Shows consistent sportsmanship and support for peers.</li> <li>- Takes responsibility for learning and fitness goals.</li> </ul>
5	<ul style="list-style-type: none"> <li>- Demonstrates in-depth understanding of tactics and strategies.</li> <li>- Uses creativity to adapt strategies mid-game.</li> <li>- Reflects critically on performance and sets detailed improvement goals.</li> </ul>	<ul style="list-style-type: none"> <li>- Combines advanced skills and techniques with control in different activities.</li> <li>- Evaluates fitness and actively works on improving health.</li> <li>- Leads effective, independent warm-ups.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates high levels of leadership and responsibility.</li> <li>- Communicates team and individual goals clearly to others.</li> <li>- Consistently volunteers to help peers improve.</li> </ul>	<ul style="list-style-type: none"> <li>- Shows high self-confidence and emotional control.</li> <li>- Overcomes barriers and setbacks with resilience.</li> <li>- Consistently demonstrates key values in physical activity and leadership.</li> </ul>
6	<ul style="list-style-type: none"> <li>- Adapts and applies advanced tactics under pressure.</li> <li>- Consistently makes effective decisions in challenging situations.</li> <li>- Sets, tracks, and evaluates long-term fitness goals.</li> </ul>	<ul style="list-style-type: none"> <li>- Combines skills across multiple sports with exceptional fluency.</li> <li>- Demonstrates exceptional fitness and leads others in maintaining active lifestyles.</li> <li>- Innovates strategies to outplay opponents.</li> </ul>	<ul style="list-style-type: none"> <li>- Takes the lead in competitive settings with confidence.</li> <li>- Motivates peers and encourages positive sporting values.</li> <li>- Exemplifies teamwork and leadership without support.</li> </ul>	<ul style="list-style-type: none"> <li>- Displays exceptional resilience and determination.</li> <li>- Shows unwavering sportsmanship, even under pressure.</li> <li>- Acts as a role model for positive behavior and leadership in PE</li> </ul>