

| Anticipated GCSE Grade |            |              | Multi Ability Level | Physical                                                                                                     | Cognitive                                                                                                         | Social                                                                                                              | Health & Fitness                                                                                                     | Personal                                                                                                                            | Creative                                                                                                              |
|------------------------|------------|--------------|---------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Yr 7 Scale             | Yr 8 Scale | Year 9 Scale |                     |                                                                                                              |                                                                                                                   |                                                                                                                     |                                                                                                                      |                                                                                                                                     |                                                                                                                       |
| 9                      | 9          | 9            | 8                   | Ph16 I can perform a wide range of advanced skills with consistency and accuracy                             | Co24 I can reach detailed judgements on my peers and opponents and make adjustments to my decisions appropriately | S24 I am resourceful in my approach to learning and seek advice from a variety of sources to improve my performance | H24 I can evaluate, adapt and develop my own training programme                                                      | Pe24 I have the determination to develop and I am committed to self reflection and self improvement, regardless of how successful I | C24 I can demonstrate flair and imagination                                                                           |
|                        |            |              |                     | Ph15 I can perform advanced skills consistently in pressure situations                                       | Co23 I can show a high level of awareness and anticipation in changing situations                                 | S23 I can sensitively negotiate to avoid and resolve conflict                                                       | H23 I am able to safely plan and perform an exercise programme for a specific activity                               | Pe23 I acknowledge and consistently seek opportunities to work on my weaknesses                                                     | C23 I can invent my own original solutions to problems                                                                |
|                        | 8          |              |                     |                                                                                                              | Co22 I can make advanced calculations of risk vs reward and use these to inform my decision making                | S22 I have the ability to mentor others, using effective questions to support, include and develop them             | H22 I know how to train to improve specific types of fitness                                                         | Pe22 I can maintain my performance in high pressure situations                                                                      | C22 I can create the unexpected                                                                                       |
| 8                      | 8          |              | 7                   | Ph14 I can perform skills in pressure situations                                                             | Co21 I can critically analyse and evaluate quality of performance, prioritising learning and action that will     | S21 I can accept and take on a roles most suited to my group/team and negotiate a change in that role when          | H21 I can explain the benefits of a balanced health and fitness programme                                            | Pe21 I am motivated to improve and regularly practice my skills outside structured lessons / sessions and clubs                     | C21 I can choreograph myself and others                                                                               |
|                        |            |              |                     | Ph13 I can efficiently make adjustments to techniques when required                                          | Co20 I can cope with multiple information, changes in stimuli and solve complex problems                          | S20 I actively seek opportunities to lead                                                                           | H20 I can analyse the dangers of an activity, and I am able to prepare safely for a particular exercise              | Pe20 I demonstrate resilience in my learning and regularly choose to revisit / reinforce a skill or group of skills                 | C20 I can change my game plan in response to my opponents' actions to surprise them                                   |
|                        | 7          |              |                     |                                                                                                              | Co19 I can see patterns in play develop and select a range of tactics and skills to outwit opponents              | S19 I can inspire and enthuse those around me                                                                       | H19 I can adapt a general fitness exercise programme to suit my needs                                                | Pe19 I am willing to stick to my game plan or take appropriate risks by adapting my actions quickly in pressure situations          | C19 I can improve in order to achieve the required outcome                                                            |
| 7                      | 7          |              | 6                   | Ph12 I can perform a variety of skills consistently and effectively in challenging or competitive situations | Co18 I can read and react to different game situations as they develop                                            | S18 I can work effectively with others in competition and contribute effectively to team/group decisions            | H18 I can plan an appropriate warm up for others                                                                     | Pe18 I can accept critical feedback and act on it                                                                                   | C18 I can add my own personal expression                                                                              |
|                        |            |              |                     | Ph11 I can effectively transfer skills and movements across a range of activities and sports                 | Co17 I can review, analyse and evaluate my own and others' strengths and weaknesses                               | S17 I can lead small teams/groups and question others appropriately                                                 | H17 I am aware of possible dangers when planning an activity                                                         | Pe17 I remain calm and positive when things become difficult                                                                        | C17 I can use variety and creativity to engage an audience                                                            |
|                        | 6          |              |                     |                                                                                                              | Co16 I can develop methods to outwit opponents                                                                    | S16 I can involve others and motivate those around me to perform better                                             | H16 I can follow a general fitness exercise programme                                                                | Pe16 I take responsibility for my own learning and can create my own learning plan and devise that plan                             | C16 I can disguise what I am about to do next                                                                         |
| 6                      | 6          |              | 5                   | Ph10 I can perform a range of skills fluently and accurately in practice situations                          | Co15 I can set my own criteria to judge performance using specific vocabulary                                     | S15 I am willing to take on different roles to support my team / group                                              | H15 I can select appropriate warm up and cool down activities                                                        | Pe15 I am self motivated, committed to practice and show a clear desire to improve                                                  | C15 I can create sequences with expression that communicate to the audience                                           |
|                        |            |              |                     | Ph9 I can use combinations of skills confidently                                                             | Co14 I have a clear idea of how to develop my own and others' work                                                | S14 I can give and receive sensitive feedback to improve myself and others                                          | H14 I can explain why regular safe exercise is good for my long term health and fitness                              | Pe14 I see new activities as a challenge and not as a threat                                                                        | C14 I can respond imaginatively to different situations                                                               |
|                        | 5          |              |                     |                                                                                                              | Co13 I can recognise and suggest patterns of play which will increase chances of success                          | S13 I can negotiate and collaborate with others                                                                     | H13 I can explain how individuals need different types and levels of fitness to be more effective in their activity/ | Pe13 I make changes once I or others have evaluated my performance                                                                  | C13 I can adapt and adjust my skills, movements or tactics to that they are different from, or in contrast to, others |
| 5                      | 5          |              | 4                   | Ph8 I can link actions together so that they flow                                                            | Co12 I can understand ways (criteria) to judge performance                                                        | S12 I can help my partner / team / group make decisions                                                             | H12 I know how often and for how long I should exercise to be healthy                                                | Pe12 I can cope with and react positively to failure                                                                                | C12 My performance reflects the rhythm and mood of the stimulus                                                       |
|                        |            |              |                     | Ph7 I can perform movements with good body tension                                                           | Co11 I can identify specific parts of performance to work upon                                                    | S11 I can help organise roles and responsibilities                                                                  | H11 I know how to record and monitor how hard I am working including taking my own pulse                             | Pe11 I can persevere with a task and improve my performance through practice                                                        | C11 I can link actions and develop sequences of movements that express my own ideas                                   |
|                        | 4          |              |                     |                                                                                                              | Co10 I can use my awareness of space and others to make good decisions                                            | S10 I can guide a small group through a task                                                                        | H10 I can describe basic fitness components i.e. speed, strength, CV endurance and flexibility                       | Pe10 I recognise my strengths and weaknesses and can set appropriate targets                                                        | C10 I can change tactics, rules or tasks to make activities more fun or challenging                                   |
| 4                      | 4          |              | 3                   | Ph6 I can perform and repeat longer sequences with clear shapes and controlled movement                      | Co9 I can understand simple tactics such as attacking and defending and can begin to select and apply appropriate | S9 I show patience and support others                                                                               | H9 I can describe how my body changes before and after exercise                                                      | Pe9 I can concentrate on a task independently and begin to challenge myself                                                         | C9 I can respond differently to a variety of tasks or music                                                           |
|                        |            |              |                     | Ph5 I can perform a range of skills with good control and consistency                                        | Co8 I can explain what I am doing and why I am doing it                                                           | S8 I can work well and play fairly with a partner / small group, acknowledging winning and losing                   | H8 I take into account the group's safety when using equipment                                                       | Pe8 I am confident when performing in front of others                                                                               | C8 I can make up my own rules and versions of activities                                                              |
|                        | 3          |              |                     |                                                                                                              | Co7 I can identify areas for improvement                                                                          | S7 I can cooperate well with others and give helpful feedback                                                       | H7 I can explain why we need to warm up and cool down                                                                | Pe7 I know where I am with my learning                                                                                              | C7 I can recognise similarities and differences in movements and expression                                           |
| 3                      | 3          |              | 2                   | Ph4 I can perform a range of skills with some control and consistency                                        | Co6 With help I can recognise similarities and differences in performances                                        | S6 I can help, praise and encourage others                                                                          | H6 I can say how my body feels before, during and after exercise                                                     | Pe6 I try several times if at first I don't succeed                                                                                 | C6 I can develop movements and actions to fit a theme                                                                 |
|                        |            |              |                     | Ph3 I can perform sequences with some changes in level, direction or speed                                   | Co5 With help I can explain why something or someone is working/performing well                                   | S5 I can talk and listen to others about our work                                                                   | H5 I know how to use equipment safely                                                                                | Pe5 I am happy to show and tell others my ideas and demonstrate skills to a group                                                   | C5 I can compare my movements, actions and skills with those of others                                                |
|                        | 2          |              |                     |                                                                                                              | Co4 I can begin to order/sequence instructions, movements and skills                                              | S4 I can work well with a partner or a group and tell them what they are good at                                    | H4 I know how to move and land safely                                                                                | Pe4 I ask for help to support my learning                                                                                           | C4 I can select and link movements together                                                                           |
| 2                      | 2          |              | 1                   | Ph2 I can perform a single skill or movement with some control                                               | Co3 I can observe and describe what I see performed                                                               | S3 I can make eye contact when I communicate with others                                                            | H3 I can practice safely                                                                                             | Pe3 I can follow instructions and practice safely                                                                                   | C3 I can observe and copy others                                                                                      |
|                        |            |              |                     | Ph1 I can perform a small range of skills and link two movements with some success                           | Co2 I can name some things I am good at                                                                           | S2 I can work sensibly with others                                                                                  | H2 I know what to wear when I exercise                                                                               | Pe2 I am happy to have a go                                                                                                         | C2 I can explore different movements or ideas                                                                         |
|                        | 1          |              |                     |                                                                                                              | Co1 I can understand and follow simple rules                                                                      | S1 I can take turns and share with others                                                                           | H1 I am aware of changes to the way I feel when I exercise                                                           | Pe1 I can work on a simple task by myself                                                                                           | C1 I can describe different movements                                                                                 |