



Robert Bloomfield Academy: Key Stage 3 Grade Descriptors – PE Athletics



KS3	Performance of skill Pupils will be assessed on skills listed below when performed in isolation or unopposed practice. Pupils' skills should be shown in increasingly progressive, pressured and demanding drills, which could include some direct competition but with no intended outcome at the end of the drill/practice (i.e. not shown in a full game).	Application of skills and decision making Pupils will be assessed on the quality of appropriate skills, their ability to consolidate and build on their knowledge of the skills, techniques and decision-making processes to meet the challenges of a conditioned/formal/competitive situation, including using the appropriate skills/techniques:	Analyse and Evaluating <i>Pupils should: confidently and effectively share feedback on themselves and other performances.</i>
Exceeding KS3 Expectations	Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, as appropriate to the track event and the different phases of the field event. e.g. accuracy, power, rhythm, speed transfer, shape, balance, timing. Jump phases- run up, take off, flight, landing. Throw phases- Grip, preparation, movement, release.	Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to the event. E.g. accurate timing/ consistency of application, few errors or misjudgements. Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, against opponents with consistent level of success and few errors.	Consistently able to effectively influence the performance and motivation of self, - uses focus, drive and determination throughout. Able to use understanding of event and external/internal factors to reflect on performance and plan adjustments needed.
Year 9 Sec	Demonstrates a good level of technical accuracy, with precision, control and fluency, as appropriate to the chosen track/field event. E.g. good pick up with gradual body rise in sprints, lead with either leg in hurdles, shows ability suitable tactics in distance running. Good accuracy, rhythm and speed in the different phases of field events.	Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to the chosen track/field event. Generally consistent but with some errors.	Often able to effectively influence the performance and motivation of self, - uses determination to gain advantage but with minor misjudgements of own performance.
Year 9 Dev	Demonstrates a competent level of technical accuracy, with some precision, control and fluency, as appropriate to the chosen field/track event. Some errors seen in some of the phases of a throw/jump event.	Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to the chosen track/field event. Skills and techniques used competently with some accurate timing and consistency of application, but with errors,	Sometimes able to influence the performance and motivation of self. Able to critique the performance of others more confidently.

		including the ability to adapt, improvise and deploy appropriate tactics.	
Year 9 Beg	Can perform 2 jumps and or throws with ability to vary these skills according to external factors in a pressured situation. Can run with good pacing skills, showing ability to push threshold at the start and end of a race, in reaction to opponents and can sprint with relaxed technique, applying a successful sprint start.	Can select from a range of advanced techniques and strategies in responding to a competitive situation, making decisions effectively and quickly. Can demonstrate advanced skills consistently with precision under pressure in a competitive situation.	Can watch and describe others' performances, as well as their own, and suggest practices that will help them perform more effectively.
Year 8 Sec	Can consistently perform 2 jumps and or throws from a moving start with the correct technique in a pressured situation. Can consistently vary pacing and technique according to the demands of the event and can consistently vary technique used in a sprint according to the phase of the race.	Can run/jump/throw successfully, showing appropriate awareness of opponents. Is beginning to select from a range of techniques and strategies, responding to a changing stimulus, most of the time.	Has begun to watch and describe others' performances, as well as their own, and sometimes suggest practices that will help them in a given event.
Year 8 Dev	Can consistently perform 2 complex jumps or throws from a moving start with the correct technique in a pressured situation, making improvements over time. Can run at a constant yet challenging pace according to fitness level and is able to sprint at a maximal pace according to ability, with good technique and a recognised sprint start.	Has demonstrated a clear understanding of how to perform in numbers events. Is beginning to react to the environment and opponents in competitive situations.	Can watch and describe others' performances, as well as their own, and sometimes suggest practices that will help others perform better but struggles to suggest improvements for themselves.
Year 8 Beg	Is beginning to be able to consistently perform 2 complex jumps and or throws from a moving start with the correct technique, sometimes in a pressured situation. Is beginning to be able to run at a constant yet challenging pace according to fitness level is beginning to sprint at a maximal pace according to ability with good technique and a recognised sprint start.	Is able to select from a range of techniques and strategies but not always able to execute them with success. Can demonstrate some techniques with precision with little or no pressure.	Can watch and describe others' performances when asked and can take on suggested improvement given by teachers or peers.
Year 7 Sec	Can perform 2 jumps and/or throws from a moving start with the correct technique showing skill patterns. Can perform 2 jumps and/or throws from a moving start with the correct technique showing skill patterns.	Can demonstrate advanced skills consistently with precision in an isolated task but not successful in full competitive situations.	Can make changes that improve individual and performance.

Year 7 Dev	Can perform 2 jumps and/or throws from a moving start with the correct technique, in a pressured situation, with some consistency resulting in gradual improvements over time. Can sometimes vary pacing and technique according to the demands of the event and can sometimes vary technique used in a sprint according to the phase of the race.	Is starting to select skills and develop them effectively under pressure in small competitive situations.	Needs to be able to make changes that improve individual performance.
Year 7 Beg	Can perform 2 jumps and/or throws from a moving start with the correct technique with some consistency. Can run at a constant pace according to fitness level, with relaxed upright technique. Is able to sprint at a maximal pace according to ability, but technique is inconsistent.	Is starting to demonstrate their ability to select skills and develop them effectively under pressure.	Can make changes to improve individual performance.
T1	Can perform a jump/throw from a run up with the correct technique with some consistency. Can run with good pacing skills, showing ability to push threshold at the start and end of a race. Can sprint with relaxed technique and demonstrate the correct technique for a sprint start.	Shows a range of more complex techniques and tactics when playing in a competitive/pressurised situation.	Can independently recognise strengths and weaknesses in their own performance and others performances and explain them with confidence some improvements.
T2	Can perform a jump or throw from a run up with the correct technique. Can run at a constant pace according to fitness level and make short bursts where needed. Can show a good reaction time at the start of a race.	Can use a range of techniques and tactics when playing in competitive situations. Has good understanding of field and track event concepts.	Is able to analyse others skills in practice and offer advice on how to improve.
T3	Can perform a jump or throw with the correct technique from a standing position with some consistency, resulting in gradual improvement over time. Can run at a constant pace according to fitness level and can sprint at a maximal pace.	Can consistently demonstrate techniques and tactics but can lack consistency when under pressure in a competitive situation.	Able to be able to recognise strengths/weaknesses in their own performance and try to correct them.
T4	Is beginning to be able to perform a jump or throw with the correct technique from a standing position with some consistency. Is beginning to be able to run at a constant pace according to fitness level. Is also able to sprint at a maximal pace for ability.	Can demonstrate some basic techniques and strategies when competing.	Can recognise strengths/weaknesses in other performance and can show/discuss how to correct them.

T5	Can perform a jump or throw with the correct technique and vary the amount of power used. Can use knowledge of skills to plan and carry out performance with some success.	Can compete in low [pressure scenarios with some confidence and can apply knowledge/understanding of field/track events some of the time.	Is able to recognise when a mistake is being made in their own performance but unable to correct it.
T6	Can occasionally perform a jump or throw with the correct technique and show improvements over time to improve their personal best. Struggles to run at a constant pace according to fitness level but can sometimes make short bursts where needed.	Is starting to apply some of the basic skills from given events to a more competitive scenario but the environment is often passive and controlled.	Can observe others and recognise strengths and weakness and sometimes give suggestions that will help them to improve.