



# Physical Education

## KS3 Progression Map: Student

New  
GCSE

### HANDS: Physical / Competent

### HEART: Social / Emotional / Health

### HEAD: Thinking / Creative

*Physical Literature*  
*Age / Stage Relevant - Development*  
*Physically Active*  
*Competitive*

*Involved / Engaged*  
*Showing Positive Behaviours / Attitudes*  
*Developing Character / Values*  
*Developing Healthy Active Lifestyles - Habits*

*Decision Makers*  
*Analytical*  
*Confident*  
*Independent Thinkers*

Select, combine and refine appropriate advanced skills, techniques, composition, tactics and strategy in response to a variety of challenges and situations including full competitions  
Implement a variety of skills for a select sport showing thorough knowledge of different techniques and their benefits in a game application

Enjoy a range of sports, makes a positive contribution in lessons, extra curricular activities and competitions. Takes part in sport outside of school.  
Demonstrates an understanding of the contributing factors to a healthy active lifestyle, diet, rest and exercise.

Develop practices to improve their own and others technique based on observation and feedback  
Start to suggest ways in which performers can improve performance

Perform in a range of sports demonstrating all the fundamental skills in a variety of sports with control and precision, able to execute set plays within games, performances, routines

Prepare for physical activity independantly and demonstrates an understanding of how the body works.

Engage successfully and confidently in different roles within activities, organising and communicating effectively, observing and applying conventions, codes of conduct and rules in their own and others' work

Demonstrate the ability to consistently perform using more advanced skills and techniques in a variety of sports demonstrating tranference.

Demonstrate knowledge of fitness and how it can contributes to sporting performance

Independently explore and experiment with different types and qualities of performance to produce imaginative and successful outcomes

Start to develop and adapt skills, techniques and ideas imaginatively and fluently in order to perform at maximal levels

Demonstrates an understanding of team work and shows compassion and empathy for peers.

Use focused observations and dialogue of their own and others' work to analyse and improve performance

Apply basic skills for a chosen sport in a game situation demonstrating the ability to select and combine skills relevant for the situation

Show a passion for sport and an understanding of sportsmanship, able to appreciate anothers performance

Modify tasks and suggests ways in which they can improve their own and others performance

Select and apply the correct skills required to complete a sporting action in a mini game/

Show determination to succed in sport, take part in extra curricular clubs

Self assess and make corrections to their own perfomance

Start to perform skills with fluency and consistency within insolation and small sided games, conditioned drills

Take part in a teacher led warm up and can describe why they do this

Critically comment on someones performance and tell them how to improve

Demonstrate basic co-ordination and movements of a variety of sporting actions with some level of consistency

Arrive to lessons prepared to take part in physical activity

Describe how others performances differs from a perfect model

Demonstrate basic individual skills in drills, with limited consistency

Attend lessons with a positive attitude towards physical activity

Describe what a good performance should look like