

KS3	Fit to Perform	Fit to Lead	Fit for Life
Emerging	<ul style="list-style-type: none"> You can effectively perform a range of actions, skills and techniques with control, combining them appropriately both in isolation and small group settings. You can successfully employ simple tactics and be creative. You can describe your own and others' performance identifying main strengths and areas for improvement. 	<ul style="list-style-type: none"> You can successfully lead a simple activity individually or as part of a group. You lead by example in lessons through your enthusiasm and determination to achieve your best. 	<ul style="list-style-type: none"> You demonstrate appropriate strength, stamina and suppleness and are able to complete short periods of sustained exercise. You can conduct your own warm up/cool down and know the benefits of each. You know how physical activity contributes to a balanced, healthy lifestyle.
Developing	<ul style="list-style-type: none"> You can select and combine skills with technical proficiency and fluency in response to changing situations. You can successfully employ a range of complex tactics and creative ideas and adapt them when necessary. You can accurately explain and evaluate the effectiveness of your own and others' performance suggesting appropriate improvements. 	<ul style="list-style-type: none"> You can lead and motivate others in pairs/small groups demonstrating confidence and good organisational skills. You can accurately reflect on your leadership skills. 	<ul style="list-style-type: none"> You can sustain stamina for longer periods and use different types of exercise to improve your health and wellbeing. You demonstrate a good knowledge of basic anatomical structures. You can explain the importance of a healthy, active lifestyle in the promotion of mental, social and physical wellbeing.
Secured	<ul style="list-style-type: none"> You can show imagination when performing advanced skills with control and accuracy in performance situations. You can successfully employ advanced decision-making skills in a competitive situation. You can accurately analyse and evaluate the effectiveness of your own and other' performance and implement appropriate improvements. 	<ul style="list-style-type: none"> You confidently undertake leadership and officiating roles showing good knowledge of the rules/laws and effective communication. You can adapt activities to suit all abilities. You are an effective role model and apply yourself in a range of contexts showing resilience to overcome setbacks. 	<ul style="list-style-type: none"> You consistently meet the strenuous exercise demands for a range of activities combining strength, stamina, suppleness and speed. You can successfully apply a good understanding of the principles of safe and effective training to improve health. You can accurately explain the importance of nutrition and hydration for sporting success and general physical and mental wellbeing.
Exceeding	You perform and apply advanced skills and tactics to positively influence a performance.	You fulfil leadership roles in your own time that support the PE department in improving the provision for other students.	You can use a knowledge of health and fitness to plan, implement and monitor a physical activity programme for yourself or others.