

Year 8 PE Progress Ladder

Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
8.1 8.2 8.3 Developing	When performing I can link different skills, techniques and ideas together. I can apply these skills accurately with control and coordination in my performance.	I can change skills, actions and ideas and link these in ways that suit the activities. I understand different tactics, strategies and compositional ideas.	I can compare and comment on skills, techniques and ideas used in my own and others' work and use this understanding to improve my performance.	I understand how to exercise safely and can describe how exercise affects my body during different activities. I can describe why regular, safe activity is good for my health and wellbeing.



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8.4 8.5 8.6 Secure	I can select and combine skills techniques and ideas, whilst applying them in a range of familiar and unfamiliar physical activities. My performance shows control, fluency, and consistency.	I can use imaginative ways to solve problems, overcome challenges and entertain audiences. I can draw on what I know about strategy, tactics, and composition in response to changing circumstances. I can identify strengths and weaknesses of both my performance and my opponents.	I can analyse and comment on how skills, techniques and ideas have been used in my own and others' work. I can use this information and suggest ways to improve. When leading practices and activities, I can apply basic rules, conventions and/or compositional ideas consistently.	I can explain and apply basic safety principles in preparing for exercise. I can describe what effects exercise has on the body and how it is valuable to fitness and health. I understand how the different components of fitness affect performance and explain how different types of exercise contribute to their fitness and health. I can describe my involvement in regular, safe physical activity for the benefit of their health and wellbeing.



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8.7 8.8 (Mastering)	I can select and combine skills, techniques and ideas and use them in a widening range of physical activities and contexts, performing with consistent precision, control and fluency. When performing, I show consistency, control, fluency and originality.	I use my knowledge of advanced tactics, strategies and compositional ideas when performing and modify them in response to changing circumstances and other performers. In lessons, I undertake different roles, applying different skills such as organisation and communication. As well as, applying rules and codes of conduct of different activities.	I can analyse and comment on my own and others' work showing I understand how skills, tactics, composition, and fitness relate to the quality of the performance. I can plan ways to improve my own and others' performance and act on these decisions to bring about improvements.	I can explain the benefits of regular, safe, and planned physical activity on physical, mental and social wellbeing. I can carry out my own warm up and cool down related to the activity.
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8.9 (Mastering)	I can consistently perform and apply advanced skills, techniques, and ideas. When I perform, I always show high standards of precision, control, fluency and originality.	I can adapt and apply advanced tactics, strategies and compositional ideas when performing. Often showing flair and originality in my performance. I maintain the quality of my performance when adapting and responding to changing circumstances and other performers. I can lead, coach or officiating in a variety of different activities.	I can analyse and comment on how skills, techniques and ideas are used in compositional and performance-based activities. I can suggest ways to improve. I can critically evaluate my own and others' work, showing that I understand the impact of skills, strategy, tactics or composition and fitness on the quality and effectiveness of performance. I use this information to plan and monitor ways in which my own and others' performance could be improved, acting on these decisions to bring about the improvements.	I can explain how to prepare for and recover from exercise. I can explain how different types of exercise contribute to my fitness and mental and physical health.