

			Head	Heart	Hands
Grade			Knowledge/Analytical/Fit4Life	Social/Emotional/Effort/Attitude	Physical Literacy/Practical Performance
A*	9	EP	I have thorough knowledge and very clear understanding of the rules/laws/regulations, tactics and strategies. I can apply tactics and strategies and I have the ability to adapt tactics and strategies accurately and successfully given the situation. I am confident and successful when taking on a variety of roles (officiating/coaching). I often coach/officiate outside of PE.	An inspirational school sports leader/captain, I demonstrate exceptional communication and motivational skills. I consistently demonstrate a positive and respectful attitude to my peers.	I demonstrate excellent advanced skill and technique for all activities when in practice and competitive situations. I represent my county or higher in more than one activity.
	8		I have excellent knowledge and a very clear understanding of the rules/laws and regulations. I demonstrate an excellent knowledge and application of tactics and strategies. I am confident and successful when taking on officiating roles.	I consistently demonstrate a positive and respectful attitude towards all my peers. I always give 100% effort to each activity and inspire others to do the same.	I demonstrate excellent advanced skill and technique for all activities when in practice and competitive situations. I represent my county or one activity. I have an excellent level of fitness.
A	7	A	When officiating, I display excellent communication, positioning and signalling skills and I have the confidence to assert authority by making instant and accurate decisions in any given situation. My decisions are well informed by good knowledge of rules/laws/regulations.	I am able to recognise different abilities and I am empathetic of others. I often take it upon myself to coach/improve less able students.	I demonstrate some advanced skills and techniques for some activities when in practice situations and sometimes when in competitive situations. I regularly participate in physical activity outside of PE and I have a good level of fitness.
B	6	EX	I show confidence and outstanding decision making skills that allow me to influence the game to my advantage. My decisions are well informed by good knowledge and tactics/strategies and formations.	I often take on added responsibility within PE. I demonstrate a positive and respectful attitude towards my group.	I demonstrate advanced skills and techniques in pressured and competitive situations with consistent success. I can apply skills into extra curricular (or equivalent) competitive fixtures. I have an average level of fitness.
	5	ST	I can analyse and evaluate performance with close detail to technique and tactics. I am capable of implementing tactics and strategies, this will include formations and game plans.	I can plan and lead part of a session (warmup/drill/game). I am confident in certain situations and display effective organisational and communication skills.	I am consistent and confident in replicating skills with the correct technique. I experience success both with a pressured and/or competitive situation.
C	4		I can analyse team's and individual's performance and coach a team to improve recognised weaknesses. I can officiate games with success; showing independence, confidence and a good understanding of different methods of training.	I can work effectively within a team and start to take on a leadership role. I show some motivational qualities and resilience to solve a problem.	I can accurately replicate basic skills and techniques within a competitive situation with some success. I show an interest in representing the school (or equivalent) in competitive fixtures.
D	3	F	I am able to plan effective strategies that take advantage of my team's strengths, and/or exploit my opposition's weaknesses. I can take charge of a small sided game, and enforce the main rules throughout. I have some confidence and can show some independence. I understand and have knowledge of the components of fitness.	I can work towards success independently or as part of a team. I am hesitant to taking on a leadership role.	I am competent in practice situations and can accurately replicate basic skills within a pressured situation, often with some success.

E	2		I can accurately pinpoint a performer's strengths and areas for development and am able to give detailed feedback. I understand the importance of eating healthy baalanced diet, and why it is important to avoid smoking, drugs and alcohol.	I begin to demonstrate a consistently positive attitude and I exert effort in my favourite activities in PE. Within my favourite activities I'm involved and engaged in all tasks and discussions.	I can replicate specific skills in a practice situation, technique is inconsistent but sometimes shows quality and control.
F	1	TF	I can describe and explain the importance of a warm up. I can indentify some major muscles when stretching and using key words I can accurately provide a strength of their my own or of other's performance. I am developing my knowledge of why it is important to exercise regulary and lead a healthy active lifestyle.	I demonstrate a positive behaviour and attitude towards PE. I often lose focus but am sometimes engaged and involved in activities. I demonstrate basic communication skills but my social skills limit teamwork.	I can perform some techniques specific to the activity. I soemtimes show some quality and control but lack consistency in execution.