

Physical Education Department Brockington College Levels

KS 3	Developing Skills & making decisions	Mental capacity, preparation and reflecting on performance
BC9	<p>A learner on track for Grade 9 can:</p> <ul style="list-style-type: none"> Consistently use a range of advanced techniques and skills showing speed, precision and disguise in a number of games Apply skills with control, accuracy and power on their weaker side Able to transfer skills and adapt tactical ideas easily between different sports Competently referee or umpire a game demonstrating a sound understanding of the rules Use a wide range of complex combinations of skills and actions with quality and dynamic control 	<p>A learner on track for Grade 9 can:</p> <ul style="list-style-type: none"> Identify what they need to do to improve, carry out and adapt ideas and suggestions given to them Lead others in planning and leading short practice and training sessions Explain the reasons for warming up and cooling down and can select a wide range of appropriate exercises when doing this. Demonstrate consistently strong mental determination to cope with the demands of the different activities Demonstrate excellent physical attributes (speed, strength, stamina) to cope with the demands of the different activities
BC8	<p>A learner on track for Grade 8 can:</p> <ul style="list-style-type: none"> Consistently use a range of specific techniques in the games played showing speed and precision Respond quickly to changing situations in games and can adapt skills and techniques effectively to be successful Confidently organise a teams' formation and make appropriate tactical decisions during the game leading to successful outcomes Confidently officiate activities with some success Use complex combinations of skills and actions with quality and dynamic control Attempt advanced techniques with some success in a small number of different activities 	<p>A learner on track for Grade 8 can:</p> <ul style="list-style-type: none"> Help others to improve by giving effective focused feedback Assist others in planning and leading short practice and training sessions Show independence and lead others through an appropriate and effective warm up routine Demonstrate a good understanding of warm up and cool down ideas and can explain why it is important to do them
BC7	<p>A learner on track for Grade 7 can:</p> <ul style="list-style-type: none"> Consistently and effectively use a small range of specific techniques in the games played showing more precision when they have time and space Use a range of different tactics to outwit the opposition and be successful. Better decision making is leading to greater successful outcomes Demonstrate an understanding of the main rules in most sports and can apply them effectively Adapt and develop a greater range of actions and skills both individually and with a partner 	<p>A learner on track for Grade 7 can:</p> <ul style="list-style-type: none"> Recognise strengths and weaknesses in performance and have some suggestions about what to do to improve it Devise and perform an effective warm up routine when prompted by the teacher Demonstrate good physical attributes (speed, strength, stamina) to cope with the demands of the different activities
BC6	<p>A learner on track for Grade 6 can:</p> <ul style="list-style-type: none"> Use a range of techniques and skills with fluency and accuracy when there is sufficient time and space Frequently moves to find and create space in games in order to support teammates when attacking. Able to defend by denying space for the opposition and by quickly applying pressure. Regularly apply simple rules correctly and quickly in a range of team and individual sports Adapt actions and skills so that they can be performed in a game or routine Use sound basic techniques in a range of activities. 	<p>A learner on track for Grade 6 can:</p> <ul style="list-style-type: none"> Describe what they are doing and capable of offering simple feedback in order to improve the quality of their work Devise a warm up routine with a partner when prompted by the teacher Demonstrate good mental determination to cope with the demands of the different activities Demonstrate reasonable physical attributes (speed, strength, stamina) to cope with the demands of the different activities

BC5	<p>A learner on track for Grade 5 can:</p> <ul style="list-style-type: none"> • Use a small range of techniques with some accuracy and consistency • Play with greater success in small possession games when game conditions are adapted and the performer has an advantage • Usually apply simple rules correctly and quickly in a small range of team and individual sports • Link a small number of actions and balances together so that they flow 	<p>A learner on track for Grade 5 can:</p> <ul style="list-style-type: none"> • With guidance use information gained from feedback to improve personal performance • Follow appropriate warm up routines when working with a partner. • Warm up safely and effectively when prompted by the teacher
BC4	<p>A learner on track for Grade 4 can:</p> <ul style="list-style-type: none"> • Use skills that suit the games they play showing greater strength in some games than others • Play with some success in small possession games when game conditions are adapted and the performer has an advantage • Describe some basic rules and can show some tactical awareness in an individual or team sport. • Perform a small range of actions and skills showing more control • Use basic techniques in running, jumping and throwing activities in modified events and using modified equipment 	<p>A learner on track for Grade 4 can:</p> <ul style="list-style-type: none"> • Comment on their own and others work picking out strengths when prompted • Warm-up safely and effectively with guidance • Demonstrate reasonable mental determination to cope with the demands of the different activities
BC3	<p>A learner on track for Grade 3 can:</p> <ul style="list-style-type: none"> • Use basic skills showing some control and accuracy when there is a lot of time • Work with others in small teams to attack and defend • Describe some simple rules • Perform a small range of actions and skills showing control 	<p>A learner on track for Grade 3 can:</p> <ul style="list-style-type: none"> • Describe what they are doing, but does not know how to improve their performance • Warm up safely with guidance
BC2	<p>A learner on track for Grade 2 can:</p> <ul style="list-style-type: none"> • Use basic skills showing some control and accuracy when there is a lot of time • Recognise when a team are attacking or defending • Name a few rules in a game of their choice • Perform a small range of actions and skills showing some control 	<p>A learner on track for Grade 2 can:</p> <ul style="list-style-type: none"> • Identify one good point about their performance with support • Warm up with guidance
BC1	<p>A learner on track for Grade 1 can:</p> <ul style="list-style-type: none"> • Use a limited range of basic skills in a small number of games • Recall when prompted a rule in a game of their choice • Perform a small range of actions and skills showing little control 	<p>A learner on track for Grade 1 can:</p> <ul style="list-style-type: none"> • Identify one good point about their performance with support • Warm up with guidance