



Kettlethorpe
HIGH SCHOOL

Kettlethorpe High School
Progression Steps

PE

7

Executing Skill and Performance Techniques

- Executes a wide range of advanced level skills and techniques.
- Consistently effective in practice situations.

Skill Application and Decision Making

- Applies skills with advanced responses to competition.
- Makes effective adaptations upon the environment.

Analysing and Evaluating Performances

- Identifies a wide range of strengths and weaknesses in a performance.
- Can justify choices accurately.

Physical Health, Fitness Levels and Wellbeing

- Demonstrates a high number of choices which help lead to a balanced, active lifestyle.
- Displays high fitness levels.

Leadership and Coaching Abilities

- Displays assertive, confident behaviour in leadership situations.
- Is very effective in coaching & officiating.

6

Executing Skill and Performance Techniques

- Executes a wide range of good level skills and techniques.
- Consistently effective in practice situations.

Skill Application and Decision Making

- Applies skills with very appropriate responses to competition.
- Makes adaptations based upon the environment.

Analysing and Evaluating Performances

- Identifies a high number of strengths and weaknesses in a performance.
- Can justify choices appropriately.

Physical Health, Fitness Levels and Wellbeing

- Demonstrates a very good number of choices which lead to a balanced, active lifestyle.
- Displays very good fitness levels.

Leadership and Coaching Abilities

- Displays confident behaviour in leadership situations.
- Is effective through coaching & officiating.

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Executing Skill and Performance Techniques

- Executes a fair range of good level skills and techniques.
- Regularly effective in practice situations.

Skill Application and Decision Making

- Applies skills with appropriate responses to competition.
- Regularly makes good decisions from a range of options.

Analysing and Evaluating Performances

- Identifies a good number of strengths and weaknesses in a performance.
- Can justify these choices effectively.

Physical Health, Fitness Levels and Wellbeing

- Demonstrates a good number of choices which help lead to a balanced, active lifestyle.
- Displays good fitness levels.

Leadership and Coaching Abilities

- Displays increasingly confident behaviour in leadership situations.
- Is becoming effective at coaching & officiating.

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Executing Skill and Performance Techniques

- Executes a fair range of solid skills and techniques.
- Quite often effective in practice situations.

Skill Application and Decision Making

- Applies skills with fairly appropriate responses to competition.
- Capable of making decisions from a fair number of options.

Analysing and Evaluating Performances

- Identifies a fair range of strengths and weaknesses in a performance.
- Can justify limited choices.

Physical Health, Fitness Levels and Wellbeing

- Demonstrates a fair number of choices which help lead to a balanced, active lifestyle.
- Displays moderate fitness levels.

Leadership and Coaching Abilities

- Displays some leadership qualities in limited situations.
- Attempts coaching and officiating roles.

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Executing Skill and Performance Techniques

- Executes some basic skills and techniques.
- Sometimes effective in practice situations.

Skill Application and Decision Making

- Applies a limited range of skills in competition.
- Capable of making decisions from a small number of options.

Analysing and Evaluating Performances

- Identifies some key strengths and weaknesses in a performance.
- Can begin to justify choices.

Physical Health, Fitness Levels and Wellbeing

- Demonstrates a small number of choices which lead to a balanced, active lifestyle.
- Displays fairly moderate fitness levels.

Leadership and Coaching Abilities

- Displays limited leadership qualities in situations.
- Ineffective at coaching and officiating roles.

