



**Kettlethorpe**  
**HIGH SCHOOL**

Kettlethorpe High School  
Progression Steps

PE

## 9

Performance and Knowledge above STEP 8

## 8

### Executing Skill and Performance Techniques

1. **Executes** an extensive range of advanced level skills and techniques.
2. Consistently effective in practice situations.

### Skill Application and Decision Making

3. **Applies** skills with complex responses to competition.
4. Makes very effective adaptations upon the situation.

### Analysing and Evaluating Performances

5. **Identifies** an extensive range of strengths and weaknesses in a performance.
6. Can justify choices in detail.

### Physical Health, Fitness Levels and Wellbeing

7. **Demonstrates** a very high number of choices which help lead to a balanced, active lifestyle.
8. Displays excellent fitness levels.

### Leadership and Coaching Abilities

9. **Displays** highly assertive, confident behaviour in leadership situations.
10. Is very effective in coaching & officiating.

## 7

### Executing Skill and Performance Techniques

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

### Skill Application and Decision Making

3. **Applies** skills with advanced responses to competition.
4. Makes effective adaptations upon the environment.

### Analysing and Evaluating Performances

5. **Identifies** a wide range of strengths and weaknesses in a performance.
6. Can justify choices accurately.

### Physical Health, Fitness Levels and Wellbeing

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

### Leadership and Coaching Abilities

9. **Displays** assertive, confident behaviour in leadership situations.
10. Is very effective in coaching & officiating.

## 6

### Executing Skill and Performance Techniques

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

### Skill Application and Decision Making

3. **Applies** skills with very appropriate responses to competition.
4. Makes adaptations based upon the environment.

### Analysing and Evaluating Performances

5. **Identifies** a high number of strengths and weaknesses in a performance.
6. Can justify choices appropriately.

### Physical Health, Fitness Levels and Wellbeing

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

### Leadership and Coaching Abilities

9. **Displays** confident behaviour in leadership situations.
10. Is effective through coaching & officiating.

## 5

### Executing Skill and Performance Techniques

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

### Skill Application and Decision Making

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

### Analysing and Evaluating Performances

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

### Physical Health, Fitness Levels and Wellbeing

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

### Leadership and Coaching Abilities

9. **Displays** increasingly confident behaviour in leadership situations.
10. Is becoming effective at coaching & officiating.

## 4

### Executing Skill and Performance Techniques

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

### Skill Application and Decision Making

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

### Analysing and Evaluating Performances

5. **Identifies** a fair range of strengths and weaknesses in a performance.
6. Can justify limited choices.

### Physical Health, Fitness Levels and Wellbeing

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

### Leadership and Coaching Abilities

9. **Displays** some leadership qualities in limited situations.
10. Attempts coaching and officiating roles.

## 3

### Executing Skill and Performance Techniques

1. **Executes** some basic skills and techniques.
2. Sometimes effective in practice situations.

### Skill Application and Decision Making

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

### Analysing and Evaluating Performances

5. **Identifies** some key strengths and weaknesses in a performance.
6. Can begin to justify choices.

### Physical Health, Fitness Levels and Wellbeing

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

### Leadership and Coaching Abilities

9. **Displays** limited leadership qualities in situations.
10. Ineffective at coaching and officiating roles.

## 2

### Executing Skill and Performance Techniques

1. **Executes** very limited skills and techniques.
2. Rarely effective in practice situations.

### Skill Application and Decision Making

3. **Applies** a very limited range of skills in competition.
4. Makes a few decisions from a small number of options.

### Analysing and Evaluating Performances

5. **Identifies** some strengths and weaknesses in a performance.
6. Can begin to justify choices.

### Physical Health, Fitness Levels and Wellbeing

7. **Demonstrates** a limited number of choices which lead to a balanced, active lifestyle.
8. Displays low fitness levels.

### Leadership and Coaching Abilities

9. **Displays** very limited leadership qualities in situations.
10. Is very ineffective at coaching and officiating roles.

## 1

### Executing Skill and Performance Techniques

1. Extremely limited range of skills and techniques.

### Skill Application and Decision Making

2. Rarely makes the appropriate decision from the options.

### Analysing and Evaluating Performances

3. Struggles to identify strengths and weaknesses in a performance.

### Physical Health, Fitness Levels and Wellbeing

4. Limited levels of fitness and makes poor choices which lead to a balanced, active lifestyle.

## Leadership and Coaching Abilities

5. Extremely limited leadership, coaching and officiating roles.