

## PE Grade Descriptions

GRADE	SKILLS	KNOWLEDGE	APPLICATION
<b>P</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• copied, remembered and repeated actions slowly with good control.</li> <li>• selected and used skills appropriately in a performance situation.</li> <li>• applied skills in a set practice.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• described the movement actions seen.</li> <li>• understood the basic principles of movement. e.g transfer of body weight.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• used skills in isolated situations and practices, when working collaboratively with others.</li> </ul>
<b>S</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• performed isolated actions with correct techniques.</li> <li>• used different body parts effectively for a coordinated movement action.</li> <li>• been successful at using skills in a semi competitive situation.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• understood simple tactics and composition ideas and have used them in my performance.</li> <li>• compared my performance to that of others based on certain criteria.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• started to vary my actions in response to different situations.</li> <li>• understood and applied the principles of attack and defence in my performance.</li> </ul>
<b>1</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• used basic skills and simple techniques effectively at speed with control.</li> <li>• adapted skills in set plays and skills practices to make them more effective.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• identified basic strengths and weaknesses in performance.</li> <li>• a clear understanding of the visual responses of the body to exercise.</li> <li>• applied the basic safety principles in preparing for exercise.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• shown effective skills in set practices but these are less effective when applied to a performance situation.</li> </ul>
<b>2</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• linked simple skills and ideas together and my performance shows precision, control and fluency.</li> <li>• understood simple tactics and composition ideas and have used them in my work.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• understood the principles of preparing and recovering from exercise.</li> <li>• understood the need to warm up and have led a 2 part warm up.</li> <li>• a clear understanding of the major muscles in the body and can relate this to warming up.</li> <li>• shown my ability to use different skills as appropriate to the playing position.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• applied basic skills effectively and appropriately in a performance situation with control and accuracy.</li> <li>• some influence over the game through the skills I am able to use.</li> </ul>

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<b>3</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>used the correct technique throughout the skills practices.</li> <li>modified and refined skills to make them more effective in a performance situation.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>understood the main effects of exercise on the body.</li> <li>led small group warm up sessions, using the idea of static and dynamic stretching.</li> <li>a good understanding of the major bones, joints and muscles in the body.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>shown my understanding of tactics by applying them in a performance situation.</li> <li>understood the need to maintain position and structure in performances.</li> </ul>
<b>4</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>good technique in all of the basic skills and can use this to perform to a good level.</li> <li>shown good body control actions with a good degree of accuracy.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>analysed performance against specific criteria and given accurate feedback to improve performance.</li> <li>made effective decisions about set plays.</li> <li>set up practices to develop a particular aspect of performance.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>applied skills effectively in performance situations with a good degree of success.</li> <li>been effective in performance situations and have an influence in the game.</li> </ul>
<b>5</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>used the correct technique in my actions when performed at speed.</li> <li>maintained the technique and clarity of movement even in challenging situations.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>been able to show simple tactical knowledge in my performances.</li> <li>analysed performance of myself and others and able to suggest areas to improve the quality of performance.</li> <li>a clear understanding of how the Cardiovascular and respiratory systems respond to exercise.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>used my knowledge of the game to improve both my performance and the performance of the team.</li> <li>shown my knowledge of activities by acting as a coach/leader or referee.</li> </ul>
<b>6</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>used complex combinations of skills with quality and dynamic control.</li> <li>selected and combined advanced skills, techniques and ideas with control.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>a clear understanding of tactics and how they can be used effectively in a performance situation.</li> <li>a good understanding of the short and long term effects of exercise on the body systems.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>a good level of skill in all but the most challenging situations.</li> </ul>

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<b>7</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• been able to maintain the quality of my skills throughout my performance except in the most challenging practices including some more advanced skills.</li> <li>• shown a very high level of technical competence in my chosen sports.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• shown the ability to make successful and effective tactical and strategic decisions, relevant to the position being played.</li> <li>• been able to link different aspects of the course together to provide a detailed response.</li> <li>• evaluated my and other's performances and suggested corrective measures to remedy the weaknesses.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• demonstrated my knowledge of the game/performance situation to influence the outcome.</li> <li>• had a significant influence on my performance and the overall performance of my team.</li> <li>• effectively influenced a performance situation in both predetermined and spontaneous situations.</li> </ul>
<b>8</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• performed more advanced skills and tactics effectively with precision.</li> <li>• consistently performed with balance, control and accuracy.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• a good understanding of the body's response to exercise, including all major body systems.</li> <li>• demonstrated a high level of understanding through the effective application of theoretical concepts both verbally and written.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• applied different aspects of the theoretical concepts to a practical context.</li> <li>• been effective at applying my technical knowledge to spontaneous game situations.</li> </ul>
<b>9</b>	<p>I have:</p> <ul style="list-style-type: none"> <li>• used a variety of advanced skills effectively in performance situations.</li> <li>• maintained a consistently high level of technique, fluency, control and accuracy when demonstrating advanced skills.</li> <li>• demonstrated skills, techniques and actions with originality, proficiency and flair.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• demonstrated and made effective tactical and strategic decisions which are almost always relevant to my playing position.</li> <li>• effectively evaluated mine and other's performance and make recommendations for improvement.</li> <li>• communicated different concepts in GCSE Physical Education in a detailed and accurate way using subject specific terminology.</li> </ul>	<p>I have:</p> <ul style="list-style-type: none"> <li>• a significant influence on the game both within my position and demonstrated the use of set plays and tactics.</li> <li>• used knowledge of strengths and weaknesses in opponents to set tactical plays in a performance situation.</li> </ul>