

KS3 PE: Key Skills & Concepts	Emerging	Developing	Securing	Mastering
Physical Skills	Pupil is able to apply FEW skills effectively in an isolated environment and is RARELY able to do this in competitive situations, REGULARLY making errors. Pupil is RARELY able to adapt to changing situations successfully	Pupil is able to apply SOME skills effectively in an isolated environment and is SOMETIMES able to do this in competitive situations, SOMETIMES making errors. Pupil is SOMETIMES able to adapt to changing situations successfully	Pupil is able to apply a range of skills EFFECTIVELY in an isolated environment and is USUALLY able to do this in competitive situations, OCCASIONALLY making errors. Pupil is OFTEN able to adapt to changing situations successfully	Pupil is able to apply a range of skills CONSISTENTLY AND EFFECTIVELY in an isolated and competitive environment, making VERY FEW errors. Pupil is able to adapt to changing situations SUCCESSFULLY AND CONSISTENTLY
Mental Skills	Pupils show LIMITED understanding of skills and theoretical content and can rarely apply this to a range of physical examples. Pupils RARELY show determination and resilience when faced with a range of challenges and RARELY strive to perform at maximum levels.	Pupils SOMETIMES show understanding of skills and theoretical content and can SOMETIMES apply to a range of physical examples. Pupils SOMETIMES show determination and resilience when faced with a range of challenges and SOMETIMES strive to perform at maximum levels.	Pupils usually show GOOD understanding of skills and theoretical content and can often apply to a range of physical examples. Pupils USUALLY show determination and resilience when faced with a range of challenges and USUALLY strive to perform at maximum levels.	Pupils consistently show EXCELLENT understanding of skills and theoretical content and are able to apply this to a range of physical examples. Pupils ALWAYS show determination and resilience when faced with a range of challenges and ALWAYS strive to perform at maximum levels.
Social Skills	Pupils are RARELY able to apply social situations to improve their performance or performance of others. They are UNABLE to adapt to changing environments and pressures. Pupils are UNABLE to reflect on the social environment.	Pupils are OCCASIONALLY able to apply social skills in some situations to improve their performance and the performance of others. They are RARELY able to adapt to changing environments and pressures. Pupils are RARELY able to reflect on the social environment.	Pupils are USUALLY able to apply effective social skills in most situations to successfully improve their performance and the performance of others. They are SOMETIMES able to adapt to changing environments and pressures and can often reflect on the social environment.	Pupils are able to apply EFFECTIVE social skills in a range of situations to successfully improve their performance and the performance of others. They are able to ADAPT to changing environments and pressures, showing an on-going reflection of the social environment.