

	Level 3	Level 4	Level 5	Level 6	Level 7
Acquiring and developing	Use skills, actions and ideas appropriately.	Link skills, techniques and ideas showing precision, control and fluency.	Combine skills, techniques and ideas consistently showing precision, control and fluency.	Combine skills, techniques and ideas with consistent precision, control and fluency	Combine advanced skills. techniques and ideas consistently showing precision, control, fluency and originality
Select and apply	Select skills, actions and ideas and apply them with coordination and control.	Apply skills, techniques and ideas accurately and appropriately.	Select and apply their skills, techniques and ideas accurately and appropriately	Select and apply skills techniques and ideas in ways that suit the activity.	Select advanced skills, techniques and ideas adapting them accurately and appropriately to the demand of the activities.
	Show understanding of tactics and composition by starting to vary how they respond.	Perform showing an understanding of tactics and composition	Performance draws on what they know about strategy, tactics and composition	Carrying out their own work and in planning their own and others work, they draw on what they know about strategy, tactics and composition in responding to changing circumstances and what they know about their own and others strengths and weaknesses	Drawing on the principles of advanced tactics and compositional ideas they apply these on the own and others' work. They modify them in response in changing circumstances and other performers.
Evaluate and Improve	Can see how their work is similar to and different from others work	Compare and comment on skills, techniques and ideas in their own and others work	Analyse and comment on skills and techniques and how these are applied in their own and others work	Analyse and comment on how skills, techniques and ideas have been used in their own and others' work and on composition and other aspects of performance.	Analyse and comment on their own and others work as individuals and team members showing that they understand how skills and tactics or composition and fitness relate to the quality of the performance.
	Use this understanding to improve their own performance.	Use this understanding to improve their own performance.	Modify and refine skills and techniques to improve their performance.	Using this to suggest ways to improve.	Plan ways to improve their own and others' performance Explain the principles of practice and training and apply them effectively.
Fitness and Health	Give reasons why warming up before an activity is important	Explain and apply basic safety principles in preparing for exercise	Warm up and cool down in ways that suit the activity and explain how the body reacts during different types of exercise.	Explain how to prepare for and recover from activities	Explain the benefits of regular, planned activity on health and fitness and plan their own appropriate exercise and activity programme.
	Give reasons why physical activity is good for their health.	Describe the effects of exercise on their bodies and how this is valuable to their fitness and health.	Explain why regular safe exercise is good for their fitness and health.	Explain how different types of exercise contribute to their fitness and health. Describe how they might get involved in other types of activities and exercise.	

Level 8	Exceptional
Perform advanced skills, techniques and ideas consistently showing high standards of precision, control, fluency and originality	Consistently use advanced skills, techniques and ideas with precision and fluency.
Consistently distinguish and apply advanced skills, techniques and ideas drawing on their knowledge of the principles of advanced tactics or composition	Consistently apply advanced skills techniques and ideas drawing on their knowledge of advanced strategies and tactics or composition.
Apply the principles of advanced tactics or composition with proficiency and flair in their own and others work and adapt them appropriately in response to changing circumstances and other performers.	Consistently apply the principles of advanced strategies and tactics or composition with originality proficiency and flair in their in their own and others' work
Evaluate their own and other's work showing that they understand the impact of skills, strategy and tactics or composition and fitness on the quality and effectiveness of performance.	Evaluate their own and others' work showing that hey understand how skills, strategy and tactics or composition and fitness relate to and effect quality and originality of performance.
Plan ways their own and others' performance can be improved and create actions plans and ways of monitoring improvement.	Reach judgement independently about their own and others performance could be improved prioritising aspects for further development.
Use their knowledge of health and fitness to plan and evaluate their own and others' exercise and activity programmes.	Consistently apply appropriate knowledge and understanding of health and fitness in all aspects of their work.