

Year 9	Skill development	Teamwork	Creativity	Understanding Health	Personal qualities	Theoretical knowledge
Emerging	Students still only have a basic grasp of physical skills and are still performing at a low level. Complex skills are seldom attempted and success can be low.	Students prefer to work alone or find it hard to work with others to achieve a common goal.	Students will rely on peers or staff to give them solutions to tasks	Students do not enjoy fitness lessons and have only some understanding of the ways our bodies adapt to physical exercise	Students will regularly arrive to lessons unprepared and do not always put a huge amount of effort into their work.	Students have a very basic knowledge of the theoretical side of the subject. They may, with support, be able to offer simple answers to questions.
Developing	Students have a sound level of skill and they are able to take part in all activities and sports, sometimes at a lower level. They may not be able to access complex gross motor skills like a tennis serve, but are able to have a short rally.	Students are fairly good at working with others although they can be held back by not understanding their role within the team.	Students show a sound level of creativity but prefer to copy or be guided than to come up with their own solutions to problems or challenges.	Students have a sound level of understanding of the basics of health and fitness, they will take part in lessons but show no desire to do so outside of school and need real encouragement to push themselves fully	Students usually arrive to lessons ready to learn, they will take part but sometimes need to be pushed to show motivation and effort in class	Students are able to make a link between sports and exercise and theoretical knowledge and will formulate answers when questioned
Securing	Students show a good level of skill development and are able to transfer skills from one area to another. They may need time to develop these skills and sometimes find it hard to master the more complex skills like a drop shot in badminton	Students are good at working with others and enjoy being part of a team. They understand the benefits of working with others to achieve a goal.	Students show a good level of creativity and are able to devise ways of over-coming obstacles. They may need guidance to come up with solutions to problems but are always keen to accept a challenge.	Students have a good level of fitness and enjoy fitness training. They understand the importance of fitness when playing sport and enjoy pushing themselves in training.	Students show a good level of effort in lessons and are always keen to take part. Sometimes they gain more enjoyment from participation than developing skills but they are always happy to join in.	Students are able to relate their understanding of sport to areas of GCSE PE eg the changes to the body during exercise
Advancing	Students are working at a high level of ability, representing school teams or playing sport for clubs outside of school. They find it easy to transfer skills from one sport to another and like to be challenged to improve.	Students enjoy being part of a team and are very good at working with others. They understand the strengths and weakness of those around them and they are able to work together to gain success.	Students show a high level of creative thinking in both aesthetic areas of sport like gymnastics and when trying to find solutions to problems e.g. tactics in a middle distance race.	Students have a high level of fitness and enjoy fitness training and pushing themselves to the limit. They understand the importance of fitness when playing sport and will exercise independently outside of school to improve their performance levels.	Students are well motivated and show a high level of commitment and effort in PE lessons and after school clubs. They are always keen to help and show a high level of desire to improve.	Students will be able to formulate answers to GCSE based questions and are able to apply their theoretical knowledge to game based activities
Mastering	Students are already working at an exceptional level and already fulfil all or many of the requirements to be in the top bands as a GCSE PE student. Students will be representing the school and playing at a high level outside of school.	Students completely understand their role within a team and will lead a group if it is needed. They have worked out how to get the best out of those around them and they will do whatever is required to make sure the group succeeds, even if it means sacrificing what they prefer to do (playing as a centre in Netball rather than their preferred position)	Students are able to devise and adapt to any situation. When faced with a tough situation they will always find a way to win e.g. how to tackle a bigger faster player in rugby or how to respond to a table tennis player who has a very strong backhand drive.	Students will have a very in depth understanding of health and fitness and be able to apply it to improving their own performances in sport. The language they use will be of GCSE level and they are already applying theoretical knowledge to their fitness training.	Students are always well prepared and ready to learn. They will offer help before being asked and show a mature attitude towards the subject. Students will be keen to represent the school in a number of sports and appreciate the effort of staff who help guide them.	Students will be able to breakdown exam style questions and answer them in full, using a high level of GCSE based language. Students at this level should be thinking very seriously about taking GCSE PE or BTEC Sport as an option in year 10.