



Physical Education KS3	Working towards expected outcomes	Working at expected outcomes	Working beyond expected outcomes
	Your child is not yet making the expected progress within this course.	Your child is achieving the expected progress for this point within the course.	Your child is working beyond the expected progress for this point within the course.
	Students working <b>towards</b> expected outcomes in KS3 can:	Students working <b>at</b> expected in KS3 can:	Students working <b>beyond</b> expected in KS3 can:
Physical Me	<ul style="list-style-type: none"> <li>Beginning to develop control and accuracy in basic skills; next step is to apply them consistently in practice and games.</li> <li>Make progress in effort and physical capacity; goal is to sustain activity for longer and stay consistently active.</li> <li>Develop the ability to recognise and apply key principles and strategies across different activities; working on applying them more consistently.</li> </ul>	<ul style="list-style-type: none"> <li>Apply key skills with control and accuracy in practice and in game situations.</li> <li>Show consistent effort; participates actively; maintains sufficient fitness for task demands.</li> <li>Apply relevant principles and strategies from one activity to enhance performance in another.</li> </ul>	<ul style="list-style-type: none"> <li>Apply a wide range of advanced skills fluently and accurately in increasingly complex situations.</li> <li>Show exceptional effort and energy; pushes physical limits and demonstrates high levels of fitness and resilience.</li> <li>Consistently transfer key principles and strategies across a range of contexts to improve performance and understanding.</li> </ul>
Thinking Me	<ul style="list-style-type: none"> <li>Start to take more responsibility for learning; next step is to show more initiative and decision-making.</li> <li>Begin to show more focus and enthusiasm; next step is to stay motivated and actively involved throughout lessons.</li> <li>Understand some key rules and concepts; next step is to apply them more confidently during performance and discussion.</li> </ul>	<ul style="list-style-type: none"> <li>Complete tasks independently and makes suitable decisions when needed.</li> <li>Demonstrate a positive attitude; is focused and engaged in all aspects of lessons.</li> <li>Understand and apply relevant rules, strategies, and health/fitness principles to performance.</li> </ul>	<ul style="list-style-type: none"> <li>Proactively seek improvement, reflects on performance, and takes initiative to develop own learning.</li> <li>Be highly motivated; inspires others; shows passion and commitment in all activities</li> <li>Demonstrate deep understanding; explains and evaluates tactics, training principles, and health concepts confidently.</li> </ul>
Social Me	<ul style="list-style-type: none"> <li>Develop cooperation and communication; working towards contributing more confidently in group and team tasks.</li> <li>Show interest in leadership; working towards confidently taking on small roles with guidance.</li> </ul>	<ul style="list-style-type: none"> <li>Work effectively with others; communicates clearly and cooperatively to support team performance.</li> <li>Take on leadership roles when required; supports peers appropriately.</li> </ul>	<ul style="list-style-type: none"> <li>Lead and motivate others; demonstrate excellent communication and tactical awareness in dynamic team environments.</li> <li>Initiate leadership opportunities; confidently leads and supports others; adapts leadership style for different contexts.</li> </ul>