

### KCA PE KS3 ASSESSMENT LEVELS

	<b><u>Sporting Performance &amp; Skills</u></b>	<b><u>Fitness for Sport and Exercise</u></b>	<b><u>Lead, Analyse and Evaluate – I can</u></b>
<b><u>Accomplished</u></b>	<p>Demonstrate and apply a wide range of advanced skills with exceptionally high standards of accuracy, control and fluency appropriate to the situation with consistency and flare. Perform in competition to an elite standard <b>outside of school in a sport</b>. Demonstrate a high level of resilience within challenging activities/tasks.</p>	<p>Maintain an <b>exceptional</b> level of fitness and understanding of how to improve and maintain my own and others' level of fitness. Is able to take part in a variety of fitness tests and produce exceptionally high results.</p>	<p>Can analyse own and others performance, prioritising aspects for further development.            Can show that they understand how skills, strategy and tactics or composition and fitness relate to and affect the quality and originality of performance.            Can organise, coach and/or choreograph confidently using an outstanding level of communication.            Can officiate to a high standard in at least 2 sports and apply rules fairly and consistently whilst adhering to the conventions and code of Conduct.</p>
<b><u>Skilled</u></b>	<p>Demonstrate and apply a wide range of advanced skills with a high standard of accuracy, control and fluency appropriate to the situation with consistency.            Perform in competition to a high standard. Demonstrate a very good level of resilience within challenging activities/tasks.</p>	<p>Maintain a <b>very good</b> level of fitness and understanding of how to improve and maintain my own and others' level of fitness. Is able to take part in a variety of fitness tests and produce high results.</p>	<p>Can analyse own and others performance, prioritising aspects for further development.            Can show that they understand how skills, strategy and tactics or composition and fitness relate to and affect the quality and originality of performance.            Can organise, coach and choreograph confidently using a very good level of communication.            Can officiate to a high standard in at least 1 sport and apply rules fairly and consistently whilst adhering to the conventions and code of conduct.</p>

<p><b><u>Competent</u></b></p>	<p>Demonstrate and apply a range of skills with a good standard of accuracy and control appropriate to the situation with consistency. Perform in competition to a good standard. Demonstrate a good level of resilience within challenging activities/tasks.</p>	<p>Maintain a <b>good</b> level of fitness and understanding of how to improve my own fitness. To have a good understanding of training principles. Is able to take part in a variety of fitness tests and produce an above average standard of results.</p>	<p>Can show they understand the impact of skills, strategy, tactics and fitness on the quality of performance.  Can start to plan ways to improve my own and others' performance.  Can suggest ways to monitor improvement.  Can organise, coach and choreograph confidently using a good level of communication.  Can officiate to a good standard in at least 1 sport and apply rules fairly and consistently.</p>
<p><b><u>Improving</u></b></p>	<p>Demonstrate a range of skills applying them with some standard of accuracy and control appropriate to the situation, with some consistency. Perform in competition. Demonstrate a sound level of resilience within challenging activities/tasks.</p>	<p>Maintain a <b>sound-good</b> level of fitness. Start to understand training principles, how to improve fitness and performance. Is able to take part in a variety of fitness tests to a sound standard.</p>	<p>Can analyse and comment on how skills, techniques and ideas can be used in my own and others work.  Can analyse a performance individually and as a team, and begin to suggest ways Of improvement.  Can organise and begin to practice officiating small sided games in different sports.</p>
<p><b><u>Emerging</u></b></p>	<p>The ability to replicate key skills when supported and in isolation. Attempts made to apply skills with some coordination and control under little pressure.  Limited effectiveness in competitive situations.</p>	<p>Starting to show an understanding of fitness and how to improve. Is able to take part in a variety of fitness tests.</p>	<p>Can compare and comment on skills and techniques.  Can analyse ideas used in my own and others work and use this understanding to improve performance.</p>