

Grade	Head	Heart	Hands
	DECISION MAKING KNOWLEDGE ANALYTICAL CONFIDENCE	SOCIAL EMOTIONAL EFFORT ATTITUDE	PHYSICAL TECHNICAL COMPETITION FITNESS
9	I have a thorough knowledge and very clear understanding of the rules/laws/regulations, tactics and strategies. I can apply tactics and strategies and I have the ability to adapt tactics and strategies accurately and successfully given the situation. I am confident and successful when taking on a variety of roles I often coach/officiate outside of PE.	As an inspirational school sports leader/captain, I demonstrate exceptional communication and motivation skills. I consistently demonstrate a positive and respectful attitude towards my peers.	I demonstrate excellent advanced skills and technique for all activities when in practice and competitive situations. I am capable of performing elite skills independently, where appropriate. I represent Bedfordshire or higher in more than one activity.
8	I have an excellent knowledge and a very clear understanding of the rules/laws/regulations. I demonstrate an excellent knowledge and application of tactics and strategies. I am confident and successful when taking on an officiating role.	I demonstrate courage and a desire to improve my practical performance and understanding through inquisitive questions. I am a highly competent leader and can adapt my leadership behaviours.	I demonstrate excellent advanced skill and technique for some activities when in practice situation and competitive situations. I represent Bedfordshire or higher in one activity. I have an excellent level of fitness.
7	When officiating, I display excellent communication, positioning and signalling skills and I have the confidence to assert authority by making instant and accurate decisions in any given situation. My decisions are well-informed by good knowledge of rules/laws/regulations.	I recognise different abilities and I am empathetic of others. I often take it upon myself to coach/improve less able students.	I demonstrate advanced skills and techniques in practice situations and sometimes when in competitive situations. I have a good level of fitness.
6	I show confidence and outstanding decision making skills that allow me to influence the game to my advantage. My decisions are well informed by good knowledge of tactics/strategies/formations.	I consistently demonstrate a positive and respectful attitude towards all my peers. I always give 100% effort to each activity and inspire others to do the same.	I am beginning to use some advanced skills and techniques for some activities when in practice situations and sometimes when in competitive situations. I regularly participate in physical activity outside of PE and I have a good level of fitness.
5	I can analyse and evaluate performance with close detail to technique and tactics. I am capable of implementing tactics and strategies. This will include formations and game plans.	I often take on added responsibility within PE and extra-curricular activities. I demonstrate a positive and respectful attitude towards my immediate friendship group.	I demonstrate intermediate skills and techniques in pressured and competitive situations with consistent success. I can apply skills into extracurricular competitive fixtures.
4	I often have an influence on the game through my tactical and strategic knowledge. I can direct peers and teammates to follow specific instructions. This will include set plays and formations.	I can work with peers to set up activities within a session and I play a minor role in encouraging others. I start to take responsibility of my own development and success. When faced with a problem, I start to plan methods of solving it.	I use intermediate skills and techniques in pressured and competitive situations, with variable success. In practice, intermediate skills are consistent and technically correct.
3	I can analyse team's and individual's performance and coach a team to improve recognised weaknesses. I can officiate games with success; showing independence, confidence and a good understanding of the rules and regulations of the sport. I have a basic understanding of different methods of training.	I begin to demonstrate a consistently positive attitude and I exert effort in my favourite activities in Physical Education. Within my favourite activities I'm involved and engaged in all tasks and discussions.	I often attempt to replicate intermediate skills in practice situations and am developing some confidence with these. I can perform the basic skills consistently and with confidence in competitive situations.
2	I am able to plan strategies that take advantage of my team's strengths, and/or exploit my opposition's weaknesses. I can take charge or a small sided game, and enforce the main rules throughout. I have some confidence and can show some independence.	I demonstrate positive behaviour and attitude towards Physical Education. I often lose focus but am sometimes engaged and involved in activities. I am enhancing my communication and team work skills.	I can replicate basic skills in a practice situation and attempt in competitive situations with quality and control.
1	I can pinpoint a performer's strengths and areas for development and am able to give detailed feedback. I understand and have knowledge of the components of fitness.	I am developing a good attitude to learning in Physical Education. I demonstrate basic communication skills but my social skills limit team work.	I can perform some basic techniques specific to the activity. I sometimes show some quality and control but lack consistency in execution.
W	I am beginning to understand the importance of a warm up or how to complete a warm up. I am still developing the confidence to provide feedback to my peers or about myself.	I rarely volunteer to become a leader. I struggle to communicate effectively with my peers or teachers. I show little resilience or effort to achieve or solve a problem.	I am able to perform skills to a basic level but often demonstrate minimal quality and control.