



## Key Stage 3 – PE

### PE

P1 - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]

Not Met

Shallow

Emerging

Developing

Deepening

Functional

P2 - develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]

Not Met

Shallow

Emerging

Developing

Deepening

Functional

P3 - perform dances using advanced dance techniques within a range of dance styles and forms

Not Met

Shallow

Emerging

Developing

Deepening

Functional

P4 - take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Not Met

Shallow

Emerging

Developing

Deepening

Functional

P5 - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

Not Met

Shallow

Emerging

Developing

Deepening

Functional

P6 - take part in competitive sports and activities outside school through community links or sports clubs.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.