

PHYSICAL EDUCATION ASSESSMENT - KEY STAGE 3

YEAR 7 YEAR 8

Working towards	1. Consistently show precision, control and fluency.
Can do	2. Select and combine their skills, techniques and ideas and apply them accurately and appropriately.
Can do well	3. Draw on what they know about strategy, tactics and composition when performing.
Excels	4. Analyse and comment on skills and techniques and how these are applied in their own and others' work.
	5. Modify and refine skills and techniques to improve their performance.
(Level Description 5)	6. Explain how the body reacts during different types of exercise and why regular safe exercise is good for their fitness and health.
	7. Warm up and cool down in ways that suit the activity.

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