Progress Descriptor Template

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|  | **Key concepts:**  |
| **Assessment Strand** | **Acquiring** | **Developing** | **Securing** | **Extending** |
| Hands and Feet(Performing) | * Demonstrates fundamental skills such as running, jumping, throwing and catching with some accuracy, control and success
* Links some fundamental skills together to perform skills with increased difficulty
* Performs some basic functional movements in a safe manner with control
* Uses some basic tactics in controlled practice situations
* Actively take part in a range of activities in lessons to develop skills and techniques
* Starting to work to the best of their ability showing some resilience across different activities
 | * Demonstrates a range of skills with control and accuracy in practice situations whilst displaying some control in competitive situations
* Choose, link and combines skills and techniques with some control and coordination
* Performs a range of basic functional movements with good technique showing some consistency
* Uses some basic tactics to outwit opponents in practice and competitive situations
* Contributes to a range of competitive situations in lessons and extra-curricular activities including inter-house competitions.
* Occasionally works to the best of their ability showing resilience across different activities
 | * Demonstrates a range of skills (some advanced) for most activities with control and accuracy when in practice situations and frequently in competitive situations
* Choose, link and combine some advanced skills with increased control and accuracy
* Performs the majority of functional movements with good technique and consistency whilst pushing beyond your comfort zone
* Uses a range of tactics to outwit opponents in a variety of activities
* Represents at least one college team and perform for a team outside of the college
* Frequently works to the best of their ability showing resilience across the majority of activity areas
 | * Demonstrates a full range of advanced skills with consistency for the majority of activities when in practice and competitive situations
* Choose and adapt skills to suit different situations having a highly influential effect upon performance
* Performs a full range of functional movements with excellent technique and consistency whilst pushing yourself to your limits
* Uses and adapts advanced tactics to outwit opponents in the majority of activities
* Accesses a range of extra-curricular and community opportunities to extend and develop skills and techniques.
* Always works to the best of their ability showing high degrees of resilience across all activity areas
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| Minds (Knowledge and understanding) | * Demonstrates a basic knowledge and understanding of Physical Education and Sport
* Identifies how sport and physical activity can contribute to a healthy lifestyle
* Identifies basic tactics that can be used to outwit an opponent
* Identify a strength and an area for improvement in your own or an others’ performance
* Sets goals, with support, in order to develop performance
 | * Demonstrates a basic knowledge and understanding of Physical Education and Sport across different topics
* Describes how sport and physical activity can contribute to a healthy lifestyle and the improvement of fitness
* Describes some tactics and how they can be used to outwit an opponent
* Describe a strength and an area for improvement in your own or an others’ performance suggesting how it can be improved
* Sets goals, with limited support, in order to develop performance
 | * Demonstrates good knowledge and understanding of Physical Education and Sport across a range of topics
* Explains how the effects of sport and physical activity can contribute to a healthy lifestyle and the improvement of fitness
* Shows an understanding of a range of tactics that can be used to outwit an opponent in a range of activities
* Compare your own performance to that of others’ and explain how you can improve
* Sets clear goals in order to develop performance and can measure progress towards them
 | * Demonstrates outstanding knowledge and understanding of Physical Education and Sport across a range of topics
* Demonstrates outstanding knowledge of the effects of sport and physical activity on health and fitness and can apply this to everyday life
* Understands and explains a range of advanced tactics to outwit an opponent in a wide range of activities
* Analyse own and others’ performances and make judgements on how to make it even better using appropriate technical terminology
* Sets SMARTER goals to develop performance and evaluates progress  towards these goals

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| Social(Interacting) | * At times, demonstrates empathy, praise, motivation and effective collaboration with peers and staff
* At times, works independently and with others with limited support
* Can lead a simple warm up or basic activity, with support, when working with others in college
* Can suggest ways of how to make an activity easier or harder for yourself with support
* Can communicate basic ideas, when prompted, showing limited communication within activities
* Engages in healthy behaviours when encouraged
 | * Occasionally demonstrates empathy, praise, motivation and effective collaboration with peers and staff
* Occasionally works independently and with others with limited support showing some determination
* Shows some confidence when leading others within college
* Can suggest ways of how to make an activity easier or harder for yourself
* Displays some good ideas when prompted and occasionally communicates within activities
* Occasionally engages in healthy behaviours
 | * Frequently demonstrates empathy, praise, motivation and effective collaboration with peers and staff whilst helping others
* Frequently works independently and with others without the need for support whilst displaying good determination
* Shows good confidence and leadership skills when working with others in college
* Can accurately suggest ways of how to make an activity easier or harder to create challenge for yourself and others’
* Displays good communication skills within activities and within activities
* Frequently engages in healthy behaviours
 | * Always acts as a positive role model by demonstrating an exceptionally high level of empathy, praise, motivation, organisation and self-regulation whilst going out of their way to help others
* Always works independently and with others whilst displaying an outstanding level of determination
* Shows excellent confidence and leadership skills when working with others in college or in the community
* Effectively plan how to make an activity easier or harder to provide challenge for all performers
* Displays excellent communication skills both within activities and during group discussions
* Supports and encourages others to choose healthy behaviors
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