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 |
| 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 |
| 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 |