

	Working Towards	Working At	Exceeding
Year 9			
Developing Technique	Demonstrates a good level of core skills, techniques and decision making in both practice and competitive situations. Advanced skills are developing when performed without pressure. Able to apply observational and evaluation skills with a degree of success.	Demonstrates a competent level of core and advanced skills, techniques and decision making. These are evident in practice and competitive situations. . Able to apply observational and evaluation skills with success.	Demonstrates a very good level of core and advanced skills, techniques and decision making. These are consistent in practice and competitive situations and show fluency and precision. Able to apply observational and evaluation skills with success in order to develop performance.
Developing Tactics and Strategies	Clear understanding of the tactics and strategies required for competitive situations. There is some understanding of advanced tactics and strategies but with limited application.	Application of tactics and strategies required for competitive situations. Some tactics and strategies used are of an advanced level.	Accurate and consistent application of tactics and strategies required for competitive situations. Tactics and strategies used are often of an advanced level.
Healthy Active Lifestyle	Some ability to explore the effects of a healthy, active lifestyle. Some idea of how a fitness programme is designed	Clear understanding of the effects of a healthy, active lifestyle. With help can plan a fitness programme. Able to use fitness testing equipment	Detailed understanding of the effects of a healthy, active lifestyle. Able to create and apply a fitness programme. Confident in using fitness testing equipment.
Year 8			
Developing Technique	Demonstrates a good level of skills, techniques and decision making during both practice and competitive situations. There is some precision, control and fluency when performing the core skills. There is an understanding of what needs to be done to improve.	Demonstrates a good level of core skills, techniques and decision making during both practice and competitive situations. Advanced skills are acknowledged and being used on occasion. There is an understanding of what needs to be done to improve and with help this is acted upon	Demonstrates an excellent level of core skills, techniques and decision making during both practice and competitive situations. Advanced skills are developing and being used effectively in isolation. There is precision, control and fluency in performance. There is an understanding of what needs to be done to improve and this is acted upon.
Developing Tactics and Strategies	Clear understanding of the tactics and strategies, with limited application in competitive situations.	Application of tactics and strategies required for competitive situations.	Accurate and consistent application of tactics and strategies required for competitive situations.
Healthy Active Lifestyle	Demonstrates an understanding of a healthy, active lifestyle. Able to demonstrate prolonged physical exercise skills	Confident approach towards the benefits of a healthy, active lifestyle. Clear links between exercise and the effects on the body and physical improvements	A determined approach towards prolonged physical exercise, with the ability to give detailed accounts of how exercise affects the body
Year 7			
Developing Technique	Demonstrates basic skills, techniques and decision making during both practice and competitive situations. There is a basic level of precision control and accuracy when performing the core skills. There is an understanding of what needs to be done to improve	Demonstrates a competent level of skills, techniques and decision making during both practice and competitive situations. There is evidence of precision, control and fluency when performing the core skills. There is an understanding of what needs to be done to improve and with help this is acted upon.	Demonstrates a good level of skills, techniques and decision making during both practice and competitive situations. There is precision, control and fluency when performing the core skills. Core skills are performed consistently well. Evidence of independently improving performance based on feedback given.
Developing Tactics and Strategies	Limited awareness of the basic strategies and tactics required for competitive situations.	Appreciation and some application of the basic strategies and tactics required for competitive situations.	Developed understanding and application of the basic strategies and tactics required for competitive situations.
Healthy Active Lifestyle	Limited ability to understand the benefits of a healthy, active lifestyle. Fitness levels need developing	The importance of a healthy, active lifestyle is understood and links are made between exercise and the effects on the body. Fitness levels are appropriate	Clear understanding of the importance of a healthy, active lifestyle and links are made between exercise and the effects on the body. Fitness levels are good