



Bideford College Physical Education Faculty: Key Stage 2 – 4 Progress Matrix

In order to get a <u>grade 1</u> at GCSE you must be able to	In order to get a <u>grade 2</u> at GCSE you must be able to	In order to get a <u>grade 3</u> at GCSE you must be able to	In order to get a <u>grade 4</u> at GCSE you must be able to	In order to get a <u>grade 5</u> at GCSE you must be able to	In order to get a <u>grade 6</u> at GCSE you must be able to	In order to get a <u>grade 7</u> at GCSE you must be able to	In order to get a <u>grade 8</u> at GCSE you must be able to	In order to get a <u>grade 9</u> at GCSE you must be able to
PE1.1: Maintain some technique for a few skills.	PE2.1: Maintain the quality of technique for a few skills.	PE3.1: Maintain the quality of technique for some skills.	PE4.1: Maintain the technique for some skills and occasionally be effective in different situations.	PE5.1: Maintain the technique for most skills and make effective decisions in predetermined situations.	PE6.1: Maintain the technique for most skills and make effective decisions in spontaneous situations.	PE7.1: Maintain the quality of technique for all skills and in most practices.	PE8.1: Maintain the quality of technique for all skills and in all practices.	PE9.1: Maintain technique for all skills and in all practices and consistently make effective decisions.
PE1.2: Choose suitable, simple skills and sometimes perform them with control.	PE2.2: Choose suitable skills and link them together with control.	PE3.2: Demonstrate a range of suitable skills which are often performed with control.	PE4.2: Perform a range of suitable skills with control and link them to make an interesting final piece.	PE5.2: Perform more advanced skills showing quality and control.	PE6.2: Perform more advanced skills with precision linking them to make an interesting final piece.	PE7.2: Perform more advanced skills with constant precision, control and fluency.	PE8.2: Perform a wide range of advanced movements showing flair and consistent accuracy.	PE9.2: Perform a wide range of advanced movements with confidence showing flair and consistent accuracy.
PE1.3: Perform a few basic moves.	PE2.3: Perform a few basic moves and link them together.	PE3.3: Perform a few basic moves which are occasionally effective when linked together in a performance.	PE4.3: Maintain the quality of technique for some basic moves linked to make an interesting performance.	PE5.3: Maintain the quality of technique for most moves performing them with some fluency and expression.	PE6.3: Maintain the quality of technique for most moves and perform them showing fluency and expression.	PE7.3: Perform more challenging moves whilst maintaining fluency and expression.	PE8.3: Perform technically accurate and expressive movement in a high level of performance.	PE9.3: Perform technically accurate and expressive movement in a very high level of performance.
PE1.4: Occasionally demonstrate basic shots in a practice situation.	PE2.4: Demonstrate basic shots in a practice situation and sometimes perform a cooperative rally.	PE3.4: Demonstrate shots with accuracy in a practice situation and perform a cooperative rally.	PE4.4: Perform more complex skills often showing accuracy and control.	PE5.4: Perform more complex skills showing accuracy and control and some effective decision making.	PE6.4: Use suitable shots with consistent accuracy and control.	PE7.4: Combine a range of shots played consistently well with effective decision making.	PE8.4: Combine a wide range of shots played consistently well with effective decision making and footwork.	PE9.4: Combine a wide range of accurate shots with consistently effective decision making and footwork.

PE1.5: Demonstrate a basic technique for a few skills.	PE2.5: Demonstrate basic technique for some skills and sometimes apply it in different practice situations.	PE3.5: Demonstrate reasonable technique for some skills which can be effective when practices vary.	PE4.5: Demonstrate reasonable technique for some skills which is effective in a variety of practices.	PE5.5: Maintain reasonable technique for some skills which is applied well in a variety of practices.	PE6.5: Maintain reasonable technique for most skills and apply it consistently in a variety of practices.	PE7.5: Maintain a good technique for all skills which only deteriorates in the most challenging practices.	PE8.5: Maintain a high level of technique for all skills and practices.	PE9.5: Consistently combine a high level of technique with effective decision making in all practices.
PE1.6: Use the right technique at times, showing a basic understanding of the rules and safety.	PE2.6: Use the right technique with some control and accuracy, showing understanding of rules and safety.	PE3.6: Use the right technique with control and accuracy, showing understanding of the rules and safety.	PE4.6: Perform some more complex events with technique which is often accurate.	PE5.6: Change the techniques used within most events to improve performance.	PE6.6: Select and combine skills and techniques and apply them to the event.	PE7.6: Select and combine skills and techniques and apply them to most events.	PE8.6: Apply skills and techniques to most events showing precision, control and accuracy.	PE9.6: Select and combine advanced skills, techniques and ideas in most events.
PE1.7: Demonstrate a very simple understanding of the basic principles of health and fitness.	PE2.7: Demonstrate a simple understanding of the basic principles of health and fitness.	PE3.7: Demonstrate an understanding of the principles of health and fitness.	PE4.7: Apply an understanding of the principles of health and fitness to different practical situations.	PE5.7: Apply consistently the principles of health and fitness to different practical situations.	PE6.7: Use technical terms with some accuracy when applying the principles of health and fitness.	PE7.7: Use technical terms with accuracy when applying the principles of health and fitness.	PE8.7: Demonstrate a high level of understanding of the principles of health and fitness.	PE9.7: Demonstrate a very high level of understanding of the principles of health and fitness.
PE1.8: Make a contribution to a game or performance on rare occasions.	PE2.8: Show a limited ability to make tactical and strategic decisions or choreograph affectively.	PE3.8: Show some ability to make tactical and strategic decisions or choreograph affectively.	PE4.8: Make decisions or choreograph affectively and occasionally apply skill appropriate to your position.	PE5.8: Make decisions or choreograph and make an effective contribution to the game or performance.	PE6.8: Show successful tactical and strategic decision making or choreography relevant to the performance.	PE7.8: Sustain successful decision making during most situations or consistently choreograph affectively.	PE8.8: Make an effective and significant contribution for the majority of the game/performance.	PE9.8: Make an effective and significant contribution to the whole game or performance.
PE1.9: Be organised by someone else.	PE2.9: Keep score for myself in a simple game.	PE3.9: Keep score for myself and others in a simple game.	PE4.9: Lead a basic warm up and keep score in a simple game.	PE5.9: Lead a warm up and officiate in a game.	PE6.9: Contribute to leading a thorough warm up and help to organise activities and games.	PE7.9: Lead a comprehensive warm up and organise activities and games.	PE8.9: Lead a comprehensive warm up and plan, lead and evaluate activities and games.	PE9.9: Lead a comprehensive warm up and plan, lead and evaluate activities and games.

PE1.10: Show a limited understanding of the activity and how to improve.	PE2.10: Show a limited understanding of the activity and appreciate a few of your strengths and weaknesses.	PE3.10: Show a limited understanding of the activity and how to improve and understand some technical terms.	PE4.10: Show some understanding of the activity and how to improve.	PE5.10: Show some understanding of the activity and appreciate some of your strengths and weaknesses.	PE6.10: Understand the activity and how to improve and appreciate many of your strengths and weaknesses.	PE7.10: Have a good understanding of the activity and be able to analyse your own and others' performance.	PE8.10: Show good understanding and analyse your own and others' performance using technical terms.	PE9.10: Show excellent understanding, fully appreciating strengths and weaknesses using technical language.
PE1.11: Show a limited knowledge of relevant vocabulary.	PE2.11: Show some knowledge of relevant vocabulary.	PE3.11: Use relevant vocabulary in verbal and written sentences.	PE4.11: Use relevant vocabulary in well-constructed verbal and written sentences.	PE5.11: Use relevant vocabulary in well-constructed sentences which answer the question accurately.	PE6.11: Use relevant vocabulary in well-constructed sentences which answer the question giving explanation.	PE7.11: Show understanding and use of technical language in accurate passages of extended writing.	PE8.11: Use technical language and a high level of understanding in accurate passages of extended writing.	PE9.11: Use technical language and a high level of understanding in accurate passages of extended writing.