

Level 1

Copy

“To do an action you have watched”

Can make your action look the **same** as mine?

Can you **watch** your partner and do the same?

You should be able to:

- **Watch** while your teacher shows you an action
- **Perform** an action that looks the **same** as your teachers/partners

Physical Ability

Vocabulary

“To use words linked with the activity”

Can you **tell** your partner what I am doing?

Can you **tell** me/your partner what this is called?

You should be able to:

- Use **key words** that are **linked** to the action/activity
- **Name** actions that you have learnt

Mental Ability

Level 2

Remember

“To memorise and do actions again and again”

Can you **repeat** your actions in the same way?

Can you **show** that you can do actions without help from a teacher?

You should be able to:

- Use the same actions **again and again**
- **Remember** actions with help from a partner

Physical Ability

Describe

“To paint a picture with words”

Can you **describe** exactly what you can see?

Can you use key words to say what you see your partner doing?

You should be able to:

- Give clear **instructions** to your partners
- **Explain** how to perform an action

Mental Ability

Choose

“To select from different options”

When given at least two different options...

Can you **decide** and **perform** the better option for completing a task?

Can you **explain** why the option was better?

You should be able to:

- **Explain** your choice of option
- **Show** that you can **perform** the **chosen** option

Physical Ability

Level 8

Advanced Principles

“To apply rules and known methods to improve performance”

Can you **distinguish** (analyse differences) between training/tactics/strategies/compositional ideas?

Can you **expertly apply principles** of training/tactics/strategies/compositional ideas to improve?

You should be able to:

- **Apply principles** of training/tactics/strategies/compositional ideas to **effectively** improve performance

Evaluate & Develop Performance

“To review and change your exercise programmes to develop performance”

How will you know that your training programme has been **successful**?

What different roles could you take in an activity?

You should be able to:

- **Critically evaluate** your own and others' work to make improvements
- **Explore different careers** (e.g. leadership, officiating, etc) that you could take up in your activity

What level am I in PE?

How can I improve?



Designed by:
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