

## PE APP Grid (Assessing Pupil Progress)

-/+ Most/All of the time

Target	Grade	Skills (This must be completed in two sports for official accreditation)	Leadership and Coaching (This must be completed in two sports for official accreditation)	Employability Skills	Fitness & Exercise
	Grade 9	<b>Excelling</b> in all skills, performance, leadership and knowledge across the 4 columns			
	Grade 8	<b>Excelling</b> and <b>consistent</b> in skills, techniques and performances	<b>Independently</b> differentiate practices, skills and developments for others. <b>Consistently improving</b> self and others	Expanding of the <b>imagination</b> and use of <b>initiative</b>	<b>Suggest</b> improvements for self and others based on healthy active lifestyle, fitness and exercise
	Grade 7	<b>Consistently fluent</b> in skills and techniques	<b>Explain</b> practices, developments and skills for self and others	Use of <b>accurate decision making</b> and <b>creativity</b>	<b>Evaluate:</b> Healthy, Active lifestyle Diet Importance of exercise and fitness testing
	Grade 6	<b>Consistently fluent</b> in skills or techniques	<b>Demonstrate</b> practices, developments and skills for self and others	<b>Developing in decision making</b> and <b>creativity</b>	
	Grade 5	<b>Accurate</b> choice or use of skills and techniques	<b>Consistently improve</b> self and others performances and <b>lead</b> groups	Use of <b>leadership</b> and <b>independence</b>	<b>Explain:</b> Healthy, Active lifestyle Diet Exercise Fitness testing
	Grade 4	<b>Accurate</b> choice or use of skills or techniques	<b>Consistently improve</b> individual performances and <b>lead</b> groups	<b>Developing leadership</b> and <b>independence</b>	
	Grade 3	<b>Controlled</b> skills and techniques	Able to <b>lead</b> others and begin to <b>develop</b> practices as an individual or as a group	Shows <b>teamwork</b> and <b>confidence</b>	<b>Demonstrate:</b> Healthy, Active lifestyle Practices to benefit exercise Appropriate selection of tests and activities to improve fitness
	Grade 2	<b>Competent</b> ability	Able to <b>lead</b> warm ups	Is <b>self-motivated</b> and willing to try new skills/activities	<b>Describe:</b> Healthy, Active lifestyle Diet Exercise Fitness testing
	Grade 1	<b>Replicating</b> skills	Can <b>state</b> WWW/EBI of self	Verbally <b>communicate</b> ideas	<b>Identify:</b> Healthy, Active lifestyle Diet Exercise Fitness testing