

KEY STAGE 3 PHYSICAL EDUCATION ASSESSMENT

	Excelling	Secure	Developing	Foundation
Skills & Techniques	Demonstrates advanced, consistent performance of a wide range of skills with precision and control.	Shows competent and consistent performance of skills across various activities.	Performs basic skills with some success but lacks consistency.	Demonstrates limited ability to perform basic skills or techniques.
Tactics & Strategies	Applies advanced tactics creatively and adjusts strategies to gain an advantage.	Demonstrates good understanding and application of tactics and strategies.	Has a basic understanding but struggles to apply tactics in different situations.	Limited understanding and struggles to apply tactics in real-time situations.
Knowledge & Understanding	In-depth knowledge of rules, principles, fitness, health, and how they interrelate in different activities.	Sound understanding of rules, principles, fitness, and health concepts, applies them well.	Understands basic principles of fitness, health, and activity, but struggles to apply them consistently.	Limited understanding of health, fitness, and basic principles; requires support to apply concepts.
Application & Performance	Consistently performs at a high level, displaying leadership and confidence.	Performs well with competence and consistency, but may need guidance for peak performance.	Inconsistent performance, often requires support or encouragement.	Struggles to perform consistently and needs significant support.
Problem-Solving & Analysis	Makes quick, effective decisions and adapts strategies; offers constructive feedback.	Identifies problems and adjusts decisions; reflects on performance.	Identifies problems but struggles to make effective decisions or adjustments.	Struggles to identify problems or solutions; requires significant guidance.