

# Physical Education KS3 Progression Pathways

Pupil Progression	Invasion Games	Gymnastics	Athletics	Striking & Fielding	Net & Wall Games	Coaching and Officiating
	<ul style="list-style-type: none"> <li>I have played some games and know a little about some of them, but not too many of the rules</li> </ul>	<ul style="list-style-type: none"> <li>I can do some very easy moves but have not been taught gymnastics before.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: I can jump with a slow run up, or no run up.</li> <li>Throw: I can only perform basic throws with a tennis ball as I haven't tried other implements</li> <li>Run: I am not used to running in a lane.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I can only catch some of the time</li> <li>Bowling: I can only bowl underarm and I am sometimes not very accurate.</li> <li>Batting: I can only if it is sent to me slowly.</li> </ul>	<ul style="list-style-type: none"> <li>I can hit the ball sometimes but can only return it to my partner sometimes.</li> </ul>	<ul style="list-style-type: none"> <li>I can offer some advice but I do not usually feel confident doing this</li> <li>I have not had a chance to be an official</li> </ul>
	<ul style="list-style-type: none"> <li>I will attempt to move into space although my opponents easily get free when defending.</li> <li>I am able to pass with dominant foot/hand with some consistency and accuracy.</li> <li>I will attempt to feint and signal for the ball.</li> </ul>	<ul style="list-style-type: none"> <li>I can copy basic agility skills such as rolls with some body control. I can link basic agility skills together to perform a short sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: I can perform a slow run-up and take-off.</li> <li>Throw: I can throw from standing. I have some idea of safety and rules of competition.</li> <li>Run: I can complete a race, but my technique is quite uneconomical.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I can demonstrate basic stops, catching and simple throws.</li> <li>Bowling: I can demonstrate a static underarm bowling action.</li> <li>Striking: I can demonstrate where to stand, and have a basic idea of the batting stance.</li> </ul>	<ul style="list-style-type: none"> <li>I can return some shots which are within easy reach</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I can use a worksheet to give feedback to another student using pictures and teaching points.</li> </ul>
	<ul style="list-style-type: none"> <li>I exhibit some skill in my chosen position. I pass accurately with the correct technique with some accuracy.</li> <li>I participate in the game with some effectiveness.</li> <li>I can demonstrate basic control in isolation, out of a game context.</li> </ul>	<ul style="list-style-type: none"> <li>I can attempt more advanced balances such as a headstand with a good degree of control.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My run-up shows some attack on approach and an idea of marking our, and my take-off and flight show some technique.</li> <li>Throw: I have an idea of the correct grip. I have a reasonably effective standing throw</li> <li>Run: I have some idea of how to start the race.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I am able to demonstrate basic catching and throwing action over short distances</li> <li>Bowling: I can demonstrate some sideways action.</li> <li>Striking: I can perform basic forward shots.</li> </ul>	<ul style="list-style-type: none"> <li>I am able to play some forehand strokes with some correct technique and I can maintain the stroke during rallies at times</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: Coaching: I can identify obvious strengths and areas for development. (peer assessment).</li> </ul>
	<ul style="list-style-type: none"> <li>I attempt to mark a player with the ball. I have knowledge of a position and the impact within a game.</li> <li>I am able to demonstrate the footwork rule correctly.</li> <li>I have a good standard of passing which is accurate.</li> </ul>	<ul style="list-style-type: none"> <li>I can link more advanced agility skills to form a routine, showing an awareness of body/time/weight</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My run up and take-off shows shape and some attack.</li> <li>Throw: I have a good idea of the correct grip and have an effective standing throw.</li> <li>Run: My running style is becoming more economical.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I can stop and perform a 'long barrier' and throw accurately over short distances demonstrating both basic underarm and overarm throws.</li> <li>Striking: I use the correct technique for some shots and have a good grip.</li> </ul>	<ul style="list-style-type: none"> <li>I am able to play fore-hand strokes with the correct technique and can maintain stroke during a basic rally</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I demonstrate a basic level of performance in the role of the leader's assistant during practise sessions, helping to set up skills practices within a session and take an active role in encouraging participants</li> </ul>
	<ul style="list-style-type: none"> <li>I am able to get free from an opponent of a similar standard. I</li> <li>have a good standard of passing and can demonstrate correct technique and timing.</li> <li>I can show that I can influence the game in either attack or defence.</li> </ul>	<ul style="list-style-type: none"> <li>I am able to perform a sequence interpreting the chosen theme with considerable style and control. I can perform a basic vault with minimal assistance.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My run up and take-off is accurate, fast and shows good rhythm.</li> <li>Throw: I have a good idea of safety and the basic rules of competition. I have a reasonable release during my throw.</li> <li>Run: I can show some pace judgement.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I am able to anticipate and adjust position according to the pace of the ball, and I regularly catch the ball coming at different heights and speeds.</li> <li>Bowling: I use the correct technique, and my delivery of the ball is consistent.</li> <li>Striking: I am beginning to use my feet when batting.</li> </ul>	<ul style="list-style-type: none"> <li>I am becoming more effective in a game, showing some individual skills when not under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I demonstrate a basic level of performance in the role of the leader's assistant during different sessions.</li> <li>Officiating: I have a limited knowledge and understanding of the rules/laws/regulations and safety issues, can apply these at an appropriate performance level.</li> </ul>
	<ul style="list-style-type: none"> <li>I am able to control consistently. I show a good level of skill and tactical awareness.</li> <li>I can effectively mark my opponent.</li> <li>I can run at an opponent and move past on the chosen side, with a high rate of success.</li> </ul>	<ul style="list-style-type: none"> <li>I can perform a variety of basic and advanced agility skills with excellent style and control. I can perform a more advanced vault with speed on approach and a secure landing.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My flight phase is more technical and I can land on the correct part of my body most of the time.</li> <li>Throw: My movement is starting to show speed, and my timing is beginning to be evident</li> <li>Run: I can show some tactical awareness.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I show good catching ability and am generally accurate when returning the ball.</li> <li>Bowling: My delivery is consistent and I can sometimes make a change in height and speed in an attempt to outwit the batsman.</li> <li>Striking: I am using my feet and anticipating what the bowler is going to do.</li> <li>Game situation: I show some ability to influence the game either in batting or bowling</li> </ul>	<ul style="list-style-type: none"> <li>I am beginning to anticipate shots in a game situation.</li> <li>I can show consistency with basic shots in a rally.</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I demonstrate the ability to assist in the planning and delivery of practice sessions, individual, group and team.</li> <li>Officiating: I have a sound knowledge and understanding of the rules/laws/regulations and safety issues, and can regularly apply these at an appropriate performance level</li> </ul>
	<ul style="list-style-type: none"> <li>I make few unforced errors and assist my team mates.</li> <li>I pass the ball with variety and accuracy, almost always finding a team mate.</li> <li>I have tactical awareness and will make good decisions during play. I make a clear attempt to mark the next pass.</li> </ul>	<ul style="list-style-type: none"> <li>My sequence shows thought, imagination and originality and is fluent, aesthetically pleasing and shows style and poise. I can perform a difficult vault involving rotation, with good speed on approach and a secure landing.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My flight phase is technically correct and I land on the correct part of the body regularly</li> <li>Throw: I frequently use the correct grip and prepare correctly, well balanced and relaxed. My movement has a good rhythm and timing, and my release is effective</li> <li>Run: I have a good judgement of pace and I am able to adapt to the conditions of the race</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I show consistent catching ability and can quickly and accurately return the ball. Fielding: I demonstrate both underarm and overarm throws with consistent accuracy.</li> <li>Bowling: I regularly demonstrate a change in height, speed and type of delivery in an attempt to outwit the batsman.</li> <li>Striking: I can adopt the correct stance with a good grip and I am able to play the appropriate forward or backward shot to a variety of balls bowled.</li> <li>Game situation: I have a good command of most skills, and show some anticipation of opposition, and adjust accordingly. I can switch from attack to defence</li> </ul>	<ul style="list-style-type: none"> <li>I can play basic shots with a good standard of technique, placement and a little disguise</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I can help set up skills practice and lead part of the session. I can evaluate some performances, indicating strengths and areas for development, providing some helpful feedback. I am confident in certain situations, displaying some good transitional and communication skills</li> <li>Officiating: My communication, positioning and signalling skills are sound and I have the confidence to assert my authority by making well-informed decisions.</li> </ul>
	<ul style="list-style-type: none"> <li>I can get free of my opponent using varying methods. I show tight control when moving past an opponent on either side, and I am beginning to develop a feint action with the upper body. I demonstrate a variety of passes showing accuracy and power, and give clear signals when receiving in a game situation. I can exert some influence on the game in both attack and defence.</li> </ul>	<ul style="list-style-type: none"> <li>My sequence shows clear thought, imagination and originality. I can perform a range of difficult vaults involving rotation in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>Jump: My run-up has excellent rhythm and aggression, showing good technique. My flight phase is excellent and I always land correctly.</li> <li>Throw: My movement has a good rhythm and timing, and my release is effective.</li> <li>Run: My racing starts are technically and tactically correct, and my posture is excellent throughout.</li> </ul>	<ul style="list-style-type: none"> <li>Fielding: I can demonstrate both catching and throwing, including deep field, with consistent and show clear evidence of being able to return the ball accurately.</li> <li>Bowling: I show an extremely consistent level of bowling with only the occasional no ball</li> <li>Striking: My technique of attacking and defensive shots are strong and I demonstrate a good stance.</li> <li>Game situation: I am able to exert some influence on the game in batting, bowling and fielding, and make few unforced errors.</li> </ul>	<ul style="list-style-type: none"> <li>I can alter my grip to vary the range of shots I use.</li> <li>I can play and score a game using a variety of shots.</li> </ul>	<ul style="list-style-type: none"> <li>Coaching: I demonstrate the ability to plan and deliver a number of sessions and plan basic skills practices. As a leader, I am confident in most situations, displaying very good organisation and communication skills</li> <li>Officiating: I have a very good knowledge and understanding of the rules/laws/regulations and safety issues and regularly apply these at an appropriate performance level.</li> </ul>