Physical Education KS3 Assessment Framework

	Beginning	Working Towards	Expected	Exceeding	Excelling
	Grade 1	Grade 2-3	Grade 4-5	Grade 6-7	Grade 8-9
Gymnastics	I can: perform basic skills on the floor and on apparatus i.e. forward roll/log roll and simple balances but your technique is not always correct. put basic skills such as rolls and balances into order within a basic sequence with a start and finish position. make basic judgements about the quality of your own and others work. (with guidance) identify exercises that improve suppleness and strength.	I can: perform some basic agility/vaults on the floor and on apparatus i.e. forward roll/log roll/simple balances with reasonable technique. link a sequence effectively using some of your own ideas. use specific terminology to describe your own and others' performance. identify and work on strength and suppleness needed to perform with greater quality.	I can: demonstrate some basic agilities/vaults on the floor and on apparatus mostly with good technique. perform a flowing sequence that includes many of your own ideas. analyse your own and others work picking out some important areas to improve. perform a good gymnastics specific warm up and cool down routine that has some of your own ideas	I can: demonstrate some basic agilities/vaults on the floor and on apparatus mostly with good technique. perform a flowing sequence that includes many of your own ideas. analyse your own and others work picking out some important areas to improve. perform a good gymnastics specific warm up and cool down routine that has some of your own ideas.	I can: demonstrate a full range of basic and advanced agilities/vaults with excellent style and control. carefully design sequences to challenge your ability and look aesthetically pleasing. show flair and originally in your performance. take the initiative and lead groups in designing, carrying out, monitoring and adapting preparation programmes leading to performance in a display or competition. use a good range of idea in your warm up / cool down and carry them out thoroughly.