

K.S3 - PHYSICAL EDUCATION

LEVEL 3

- Your skills are o.k
- Your performance is starting to improve in the games
- You can give reasons why physical activity is good for your health

LEVEL 4

- Your skills are **mostly** accurate.
- Your performance **sometimes** shows precision
- Your **understand** tactics and composition
- You can **describe** why physical activity is valuable to your health and fitness
- You can **describe** what effects exercise has on the body

LEVEL 5

- Your skills are always accurate
- Your performance is always (consistent) shows precision
- You **use** tactics, strategies
- You analyse, evaluate and comment on yours and other pupils' performance
- You can **explain** why regular exercise is good for the body
- You can **explain** how the body reacts during difference types of exercise

LEVEL 6

- Your skills show **consistency, precision, control and fluency**
- You can **analyse** and **comment** about your own and others performance and **suggest ways to improve**
- You can prepare for and recover from activities
- You can explain how **different types of exercise** help your fitness and health