

## Grade descriptions – Physical Education

The following grade descriptions indicate the level of attainment characteristic of the given grade at GCSE. The grade awarded will depend in practice upon the extent to which the student has met the assessment objectives overall. Shortcomings in some aspects of the examination may be balanced by better performances in others.

Which grade best describes your performance so far?

What do you have to do to achieve your predicted grade or above?

The words in **bold type** are a general indicator of overall performance, practical work and classroom, theory work.

### Grade F

You can demonstrate your ability to select and apply a **small range** of appropriate skills, techniques and ideas in your activities, with **some** precision, control and fluency. You **make decisions** about how you will plan and approach your performance. You **begin to vary** these in response to changing situations. You can analyse your own and others' performance and can identify major strengths and weaknesses. You can make **some modifications** and refinements to skills and techniques in order to improve the effectiveness and quality of your performance. You can identify **some** of the factors affecting performance participation in physical activity. You explain how the body reacts during different types of exercise, and identify **some** activities and exercises suitable for preparing and recovering from specific activities. You identify and explain **some** of the benefits of regular, safe, exercise and activity on your performance and health. You recognise **some** of the risks involved in different activities.

## Grade C

You can demonstrate your ability to select and apply an **increased range** of appropriate skills, techniques and ideas in your activities, with **greater refinement, precision, control and fluency**. You make and adapt decisions about how you will plan and approach your performance in response to new or changing situations. You can **analyse and comment** on your own and others' performances showing an **understanding** of the factors that affect the quality and effectiveness of performance. You plan ways to **improve your own and others' performance**. You can **identify major factors** that affect performance and participation in physical activity and show **some understanding** of how these different factors relate to each other. You take increasing **responsibility** for the planning and execution of safe exercises. You **understand the principles** behind planning your own activity and exercise programmes. You **explain some** of the long-term effects of exercise and activity on physical, mental and social health. You can **identify** potential risks involved in different activities.

## Grade A

You can demonstrate your ability to select and apply an **extensive range** of appropriate skills, techniques and **original ideas** in your activities, with **considerable refinement, precision, control and fluency**. You make **effective decisions** about how you will plan and approach your performance in response to new or changing situations. You can analyse and evaluate your own and others' work demonstrating an **understanding of the impact** that skills, tactics or composition, and fitness have on the quality and effectiveness of performance. You identify **priorities for improvement** and plan **appropriate, progressive practices**. You understand how to **monitor and evaluate** progress towards targets. You have a good understanding of **factors affecting performance and participation** and the relationship between them. You have a **good understanding** of the principles behind, and benefits of, regular, safe exercise and its impact on performance, fitness and health. You can explain the **advantages**, to themselves and others, of following active and healthy lifestyles. You can **identify and explain** potential risks related to physical activities.