

Reepham High School and College PE Can Do Ladder

	AO1 Recall, select and communicate their knowledge and understanding of physical activity	AO2 Apply skills, knowledge and understanding in Physical activity	AO3 Analyse and evaluate physical activity, and identify action to bring about improvement
A*	<p>Can Independently:</p> <ul style="list-style-type: none"> recall, select and communicate an extensive knowledge and thorough understanding of a vast range of factors affecting performance and participation, and the relation between them. have a comprehensive understanding of the principles behind, and benefits of, regular, safe exercise and its impact on performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate my ability to select and apply an extensive range of appropriate skills, techniques and original ideas in very complex and challenging activities, with considerable refinement, precision, control and fluency. demonstrate a vast range of solutions to these challenges and consistently make effective decisions about how I can plan and approach my performance in response to new or challenging situations. 	<ul style="list-style-type: none"> Can Independently: critically analyse and evaluate my own and others' performance, accurately identifying the strengths and weaknesses evident. demonstrate a deep understanding of the impact of skills, tactics or composition, and fitness on the quality and effectiveness of performance. identify priorities for improvement and plan an excellent range of appropriate, progressive practices. monitor and evaluate progress towards improved quality of performance and outcomes.
A	<p>Can Independently:</p> <ul style="list-style-type: none"> recall, select and communicate detailed knowledge and thorough understanding of a wide range of factors affecting performance and participation, and the relation between them. have a thorough understanding of the principles behind, and benefits of, regular, safe exercise and its impact on performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate my ability to select and apply a wide range of appropriate skills, techniques and original ideas in complex and challenging activities, with considerable refinement, precision, control and fluency. demonstrate a wide range of solutions to these challenges and consistently make successful decisions about how I can plan and approach my performance in response to new or challenging situations. 	<p>Can Independently:</p> <ul style="list-style-type: none"> critically analyse and evaluate my own and others' performance, identifying clearly the strengths and weaknesses evident. demonstrate a deep understanding of the impact of skills, tactics or composition, and fitness on the quality and effectiveness of performance. identify priorities for improvement and plan a good range of appropriate, progressive practices. monitor and evaluate progress towards improved quality of performance and outcomes.
B	Can Independently:	Can Independently:	Can Independently:

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	<ul style="list-style-type: none"> recall, select and communicate a good knowledge and understanding of the factors that affect performance and participation in physical activity. demonstrate a good understanding of the principles behind, and the benefits of, regular, safe exercise and its impact on performance, fitness and health. 	<ul style="list-style-type: none"> demonstrate the ability to select and apply a variety of appropriate skills, techniques and ideas in complex and challenging activities, with effective refinement, precision, control and fluency. have a vast range of solutions to these challenges and make effective decisions about how I will plan and approach my performance in response to new or changing situations. 	<ul style="list-style-type: none"> analyse effectively and comment on my own and others' performances, showing a good understanding of the factors that affect quality and effectiveness of performance, and the broad strengths and weaknesses evident. identify the most significant areas for improvement and plan a range of effective ways to improve my own and others' performances.
C	<p>Can Independently:</p> <ul style="list-style-type: none"> recall, select and communicate sound knowledge and understanding of major factors that affect performance and participation in physical activity. demonstrate an understanding of the principles behind, and the benefits of, regular, safe exercise and its impact on performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate the ability to select and apply a good range of appropriate skills, techniques and ideas in complex and challenging activities, with effective refinement, precision, control and fluency. have a good range of solutions to these challenges and usually make effective decisions about how I will plan and approach my performance in response to new or changing situations. 	<p>Can Independently:</p> <ul style="list-style-type: none"> analyse effectively and comment on my own and others' performances, showing an understanding of the factors that affect quality and effectiveness of performance, and the broad strengths and weaknesses evident. identify the most significant areas for improvement and plan effective ways to improve my own and others' performances.
D	<p>Can Independently:</p> <ul style="list-style-type: none"> recall, select and communicate my knowledge and understanding of the major factors affecting performance and participation in physical activity. show some understanding of the principals behind, and the benefits of, regular, safe exercise and its impact on performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate my ability to select and apply a range of appropriate skills, techniques and ideas in quite complex and challenging activities with precision, control, fluency and with some refinement. have a fairly good range of solutions I can use when activities are challenging. make good decisions about how I will plan and approach my performance which enables me to respond to new or changing situations. 	<p>Can Independently:</p> <ul style="list-style-type: none"> analyse and comment on my own and others' performance. identify strengths and weaknesses and have some understanding of the factors that affect that the quality of performance. identify areas for improvement and plan ways to improve the quality of my own and others performance.

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E	<p>Can Independently:</p> <ul style="list-style-type: none"> remember, select and communicate my knowledge of some things that affect how someone participates in physical activities and how well they perform. explain how the body reacts during different types of exercise. explain how this helps develop better performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate my ability to choose and apply a small range of appropriate skills, techniques and ideas to use. apply these techniques in challenging activities and sometimes complex activities. use these techniques with precision, control and fluency. 	<p>Can Independently:</p> <ul style="list-style-type: none"> Provide a good assessment of my own and others' performance. effectively identify major strengths and weaknesses. identify and suggest changes and refinements to skill and technique to improve the quality of my performance.
F	<p>Can Independently:</p> <ul style="list-style-type: none"> communicate what I know and understand about important things that affect how someone participates in physical activities and how well they perform. fairly clearly explain how the body reacts during different types of exercise. Identify how this helps develop better performance, fitness and health. 	<p>Can Independently:</p> <ul style="list-style-type: none"> demonstrate my ability to choose a small range of appropriate skills, techniques and ideas to use. use these techniques in fairly challenging activities and sometimes in complex activities. use these techniques with some precision, control and fluency. use a limited range of solutions when activities are moderately challenging. make sound decisions about how I will plan and approach my performance. sometimes respond to changing situations. 	<p>Can Independently:</p> <ul style="list-style-type: none"> provide a basic assessment of my own and others' performance. identify some major strengths and weaknesses. make basic comments and suggest changes and improvements to skills and techniques to improve the quality of my performance.
G	<p>Can Independently:</p> <ul style="list-style-type: none"> communicate some knowledge of the basic factors that affect how people take part in physical activities. describe some ways in which the body reacts during exercise. 	<p>Can Independently:</p> <ul style="list-style-type: none"> use some skills and techniques in some fairly challenging activities. demonstrate that I have some control. sometimes make correct decisions about how I will plan and approach my performance. 	<p>Can Independently:</p> <ul style="list-style-type: none"> make some comments about my own and others' performance. identify some strengths and weaknesses. sometimes suggest some ways to improve performance.

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H	<ul style="list-style-type: none">• I can warm-up fairly effectively for a PE lesson• I understand how to perform basic skills• I can spot if a basic skill is performed incorrectly and suggest one way to improve
I	<ul style="list-style-type: none">• I can travel in a variety of ways often alternating speed and direction• I can use more than one sentence to describe the performance I have just seen• I know how to stretch different parts of my body
J	<ul style="list-style-type: none">• I can travel in a variety of ways often altering speed• I use simple sentences to explain why I like or dislike a performance• I understand basic tactics and I'm beginning to apply them to a game situation
K	<ul style="list-style-type: none">• I can link at least two methods of travelling• I use simple sentences to explain why I liked a performance• I understand basic tactics but don't always apply them• I can recognise one or two immediate signs of exercise
L	<ul style="list-style-type: none">• I can travel in a variety of ways and use 4 points of contact with the floor• I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it• I am beginning to link simple skills together although this often goes wrong• I can get changed into my PE kit
M	<ul style="list-style-type: none">• I can travel in two different ways• I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform and I often need support• With support I can get changed into my PE kit