



Key Stage 4 Core Physical Education

‘The Learning Journey’

**What are you
aspiring to be?**

**A Sprinter
learner**

**Excellent attitude
to learning**

Fully Equipped

**Positive
Behaviour**

**Active participation
within and outside
of school**

**Healthy and Active
Lifestyle**

**Consistent
performance**

**Knowledge and
Understanding**

**Independent
learning**

CRAWLER	E	EQUIVELENT NC LEVEL 5	<p>If you are 'Crawling' in PE your attitude towards learning requires improvement, you regularly forget your PE uniform and sometimes lack the positive behaviour expected within the subject. You take part in the tasks reluctantly and have to be constantly encouraged by your teacher. When you are involved as a performer you can apply basic skills but your tactical/technical knowledge is limited. You need to work on the control with which you apply skills in order to be more successful in modified competition. You understand the need for other roles in sport such as leader, coach and official but do not have the confidence or knowledge to take the on the opportunities provided to show your application in this area. You are capable of working independently or as part of a team but you prefer others to take the lead. Outside of lessons you occasionally take part in the inter-house competition provided, but you do not attend school clubs and are not currently involved in regular community sport. You know what makes up the key components of a healthy and active lifestyle and recognise what you need to do to improve your current situation.</p>
WALKER	D	EQUIVELENT NC LEVEL 5	<p>If you are 'Walking' in PE you have a satisfactory attitude towards learning, you usually come to lessons equipped but occasionally lack the positive behaviour expected within the subject. You take part in the tasks set in the lessons but have to be regularly encouraged by your teacher. When you are involved as a performer you know how to use the skills and tactical/technical knowledge required, but need to work on the control and consistency with which you apply them in order to be more successful. You have a basic understanding of other roles such as leader, coach and official but you rarely take the opportunity to show your application of knowledge in this area. You are comfortable working independently or as part of a team but you prefer others to take the lead. Outside of lessons you take part in the inter-house competition provided, but you do not attend school clubs and are not currently involved in regular community sport. You know what makes up the key components of a healthy and active lifestyle and where possible you try to apply the principles to your everyday life.</p>

JOGGING	C	EQUIVALENT NC LEVEL 6	If you are 'Jogging' in PE you have a good attitude in most areas of learning and you usually come to lessons equipped and show positive behaviour. You are an active participant in lessons when encouraged by your teacher and when involved you can apply skills and tactical/technical knowledge to a satisfactory level with some success in individual and team situations. You are able to take on other roles such as leader, coach or official but you need support in this aspect of PE from your peers or the teacher. You are comfortable working independently or as part of a team but you prefer others to take the lead. Outside of lessons you take part in the inter-house competition provided and occasionally attend a sports club when encouraged to do so, however, you are not currently involved in regular community sport. You understand the key components that make up a healthy and active lifestyle and you recognise how you as an individual can improve this aspect of your life.
RUNNING	B	EQUIVALENT NC LEVEL 7	If you are 'Running' in PE you have an excellent attitude to learning in PE and come to lessons equipped and show positive behaviour. You are an active participant in lessons and can apply skills and tactical/technical knowledge to a good level with some consistency in individual and team situations. You have the ability to take on other roles within the lesson, such as leader, coach or official but usually you have to be encouraged to do this by the teacher. You can work independently and but need guidance from the teacher or your peers to make improvements. Outside of lessons you take part in the inter-house competition provided, you attend some clubs and practices and are currently involved in community sport. You have a good understanding of how to maintain a healthy and active lifestyle and you recognise how you as an individual can improve this aspect of your life.
SPRINTER	A	EQUIVALENT NC LEVEL 8 and EXCEPTIONAL PERFORMANCE	As a 'Sprinter' standard learner in PE you have an excellent attitude to learning by coming to lessons and out of hours learning fully prepared to learn equipped with the correct PE uniform and showing positive behaviour. You have a strong desire to be an active participant within the lesson and can apply skills and tactical/technical knowledge to a high level with consistency in individual and team situations. You are confident enough to take on a variety of roles and responsibilities such as coach, leader and official and can think independently and take responsibility for your own learning to ensure performance can be improved and progress made. Outside of lessons you actively participate in inter-house sports competition and school teams and practices as well as regularly attending community clubs. You use this as part of maintaining an active and healthy lifestyle.

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