

PE Attainment Levels



TENNIS



Attainment 1

- You can play basic strokes, but your technique is not accurate and your shots lack depth.
- Most of your rallies end in a mistake rather than a winning shot.
- During a game you often become confused about positioning on court, especially in doubles.
- You can recognise what is good tennis performance and use this to try and improve your own performance.
- You can give reasons why a warm up is important before playing tennis.

Attainment 2

- You can play a rally with basic strokes and reasonable technique, but mistakes often occur under pressure of a game.
- You understand where your position should be at the serve, but during the game you often become confused about your positioning.
- You can score a game but sometimes get confused.
- You can describe what the effects of playing tennis can have on your body.

Attainment 3

- You are starting to show good length and placement of basic strokes and your serve is generally consistent.
- You show some control and shot selection when in a game but you still make some unforced errors.
- You can comment on the strengths and weaknesses of another player's game.
- You can perform a tennis specific warm up and cool down.



DANCE



Attainment 1

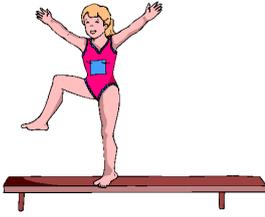
- You can dance with some rhythm and control and show some awareness of style and music.
- You can link basic movements and ideas into your dances and describe simple performance skills.
- You can develop your dances and skills with guidance.
- You can recognise the need to warm up for dance.

Attainment 2

- You can remember, refine and repeat short dances with a growing sense of style and artistic intention.
- You can develop and adapt dance material and show awareness of musical structure rhythm and mood.
- You can use specific terminology to describe your own and others' performance.
- You can prepare and recover from your dances using safe and appropriate exercises.

Attainment 3

- You perform using a good range of skills and techniques clearly with expression.
- You can develop dance ideas and motifs to make longer dances using basic compositional ideas.
- You can identify strengths and weaknesses in your own and others' work and suggest ways to improve.
- You can recognise the need to develop strength and suppleness to improve performance and carry out exercises to do this.



GYMNASTICS



Attainment 1

- You 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.
- You can put basic skills such as rolls and balances into order within a basic sequence with a start and finish position.
- You can make basic judgements about the quality of your own and others work.
- With guidance, you can identify exercises that improve suppleness and strength.

Attainment 2

- You can perform some basic agility / vaults on the floor and on apparatus i.e. forward roll / log roll / simple balances with reasonable technique.
- You can link a sequence effectively using some of your own ideas.
- You can use specific terminology to describe your own and others' performance.
- You can identify and work on strength and suppleness needed to perform with greater quality.

Attainment 3

- You can demonstrate some basic agilities / vaults on the floor and on apparatus mostly with good technique.
- You can perform a flowing sequence that includes many of your own ideas.
- You can analyse your own and others work picking out some important areas to improve.
- You can perform a good gymnastics specific warm up and cool down routine that has some of your own ideas.



HOCKEY



Attainment 1

- You understand how to grip the stick and can pass the ball with little technique and accuracy.
- You have limited knowledge of the rules of the game but you appreciate the need to move forward in attack and back towards the goal in defence.
- You can carry out practises and ideas given to you by others to help improve your play.
- You can give reasons why a warm up is important before playing hockey.

Attainment 2

- You can make accurate passes and some accurate longer passes. However, when receiving the ball from long distance you lack control.
- You can dribble the ball effectively, though in a game situation the skills are less effective. You rarely beat a defender.
- You can recognise what is good hockey performance and use this to try and improve your own performance.
- You can describe what the effects of playing hockey can have on your body.

Attainment 3

- You demonstrate a range of passing techniques and can control the ball when dribbling and receiving.
- You are more effective in a game situation; you attempt to beat defenders using dodge techniques, though still with little success.
- You can comment on the strengths and weaknesses of your own and others' performances and you can take on a variety of different roles such as the umpire, scorer or coach.
- You can identify fitness needs of different roles in the game.



BASKETBALL



Attainment 1

- You attempt to use a variety of passes in both practice and competition, but they often lack accuracy and pace.
- You have limited control when dribbling and your catching skills lack consistency.
- You have a basic understanding of tactics i.e. you appreciate the need to move forward in attacking situation and back towards the basket when defending.
- You carry out practices and ideas given to you by others to help improve your play.
- You can give reasons why warm up is important before playing basketball.

Attainment 2

- Your passing skills show some improvement and your dribbling becomes more effective, but you fail to dribble past opponents 1v1.
- You are becoming more effective in a game. Passing becomes more accurate and you make some interceptions in defence.
- You can recognise what is good basketball performance and use this to improve your own performance.
- You can describe what the effects of playing basketball can have on your body.

Attainment 3

- You have good control when dribbling in practice and game situations and use a variety of passes, though not all will be accurate. You can attempt a lay up shot, though it is not technically accurate.
- In a game situation you are now more effective in man to man defence and you have a basic understanding of attack and defence principles.
- You can comment on the strengths and weaknesses of your own and other players' game.
- You can perform a basketball specific warm up and cool down.



NETBALL



Attainment 1

- You can attempt shoulder, chest and bounce passes but with little accuracy, power and consistency.
- Your knowledge of the rules of the game is limited and there is little evidence of correct footwork in competitive situations.
- You carry out practices and ideas given to you by others to help improve your play.
- You can give reasons why warm up is important before playing netball.

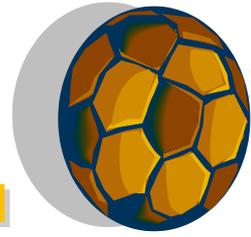
Attainment 2

- Your passing and catching skills show some improvement in accuracy and consistency and your footwork is generally good in a game.
- You can apply simple dodging tactics in a game and select the appropriate pass for the situation.
- You can recognise what is good netball performance and use this to improve your own performance.
- You can describe what the effects of playing netball can have on your body.

Attainment 2

- You now show fluency and accuracy in your netball play.
- You have a basic understanding on attack and defensive principles and demonstrate knowledge of the rules and tactics.
- You can comment on the strengths and weaknesses of your own and other players' game and can take on a variety of roles including the umpire, coach and scorer.
- You can identify the fitness needs of the different roles in the game.

FOOTBALL



Attainment 1

- Ask how you can improve.
- Dribble the ball slowly occasionally losing control of the ball.
- Pass the ball using inside of the foot with enough accuracy so that it occasionally goes to team mates.
- Control the ball with feet effectively.

Attainment 2

- Dribble the ball with moderate pace using both feet whilst keeping control.
- Pass the ball using inside and outside of the foot with a good display of accuracy and weight.
- Control the ball with feet, thigh and chest effectively.
- Understand how to outwit and beat an opponent in a 1v1 situation.
- Turn with the ball showing control and agility.

Attainment 3

- Use a range of short and long passes with inside of foot, outside of foot and instep showing accuracy.
- Use a range of tackles (block, poke, and slide) to defend and dispossess opponents.
- Shoot accurately with some degree of power.
- Use your non dominant foot in game situations.
- Run, dribble and beat opponents with technique and skill.

ATHLETICS



Attainment 1

- Perform the activity – throwing, jumping or running – slowly.
- Display confidence to participate in a variety of athletic activities.
- Co-ordinate their body parts in an attempt to perform a jump, throw and running event.
- Describe the differences between sprinting and distance running.

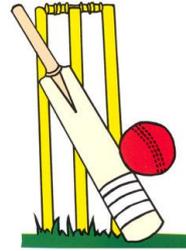
Attainment 2

- Perform the activity – throwing, jumping or running – with pace.
- Use some of the rules to the Baton change over.
- Show some drive from arms and legs.
- Plan how to run races over different distances with the use of basic tactics such as pace.

Attainment 3

- Apply and demonstrate basic safety principles when throwing, retrieving objects, jumping and running.
- Describe why regular Athletic exercise is good for your health and wellbeing.
- Refine their skills to improve performance such as running style, (stable head) throwing technique.
- (Correct grip) and run up (correct shape).
- Develop their use of speed; take off, flight and landing when jumping.

CRICKET



Attainment 1

- Throw and catch a ball to yourself.
- Have a basic technique when throwing a ball and catching a ball.
- Attempt to perform a long barrier to collect the ball.
- Hold the bat with your dominant hand at the bottom.

Attainment 2

- Throw a ball underarm and over arm with accuracy over a short distance.
- Can bowl under arm effectively at a target.
- Perform a long barrier effectively.
- Hit the ball into the air.
- Have a good batting stance and play balls with a straight bat.

Attainment 3

- Catch balls consistently at various heights and speeds.
- Over arm bowl with a run up and a degree of accuracy, showing good line and length.
- Play shots with a straight bat and an effective cross bat to the appropriate bowl/ball.
- 'Walk in' when bowling.
- Pick up a ball one handed on the run and throw effectively / appropriately (skittle or over arm).

TAG RUGBY



Attainment 1

- Begin to use a two handed ball grip.
- Pass the ball on the move with some accuracy.
- Receive a pass on the move showing knowledge of technique.
- Pick a ball up from the floor with good technique.
- Run sideways and forwards in when in possession of the ball.

Attainment 2

- Pass with both hands accurately using pop pass and Pendulum pass in a game situation.
- Understand and perform a try with variant methods of downward pressure.
- Swerve and run at angles to avoid tackles.
- Understand how spatial awareness in defensive and attacking positions differs.

Attainment 3

- Can 'play the ball' effectively after being tackled, protecting the ball and acting quickly.
- Tackle effectively from the front, side and the rear.
- Attempt attacking plays such as loop, long loop and scissors in addition to using sidesteps to beat opponents.
- Use a range of kicks (grubber, place, bomb, and punt) using only your dominant foot effectively in a game situation.
- Take on roles in various positions, and overcome simple problems by adapting and responding to the height, speed and power of the ball as well as opponent.