

PE

	EMERGING	DEVELOPING	SECURE	REFINING
R1 - Skill Execution (The ability to perform physical movements and techniques correctly, consistently, and with control. This includes coordination, balance, agility, and precision in a range of activities)	Begins to demonstrate fundamental movement skills in simple contexts. Shows initial awareness of coordination and basic technique.	Performs core skills with growing consistency in controlled environments. Starts to use feedback to refine technique.	Demonstrates proficiency in a broad range of skills across different activities. Adjusts movements based on context.	Applies advanced skills confidently in varied and dynamic situations. Integrates feedback independently to enhance performance.
R2 - Participation & Effort (The level of engagement, enthusiasm, and perseverance a student shows during lessons and activities. This includes being on task, trying their best, and showing a positive attitude)	Shows interest in participating and makes initial attempts in tasks. Begins to stay on task with encouragement.	Participates in most activities with steady effort. Shows a positive attitude and increasing resilience.	Fully engaged in all aspects of lessons. Maintains high effort throughout and responds well to challenges.	Self-motivated and consistently seeks to exceed expectations. Encourages others and leads by example in maintaining effort.
R3 - Teamwork & Communication (How well a student cooperates with others, communicates effectively, shows leadership, and supports teammates. It includes respect, active listening, and contribution to group success)	Listens to others and begins to share space and responsibilities. Demonstrates early cooperation.	Communicates clearly with peers and works cooperatively in group tasks. Recognizes team roles and responsibilities.	Collaborates effectively and supports teammates. Offers constructive feedback and demonstrates leadership when needed.	Displays exceptional collaboration and leadership. Inspires teamwork and helps resolve group challenges positively.
R4 - Knowledge & Understanding (A student's comprehension of rules, strategies, and concepts related to physical activity and health. This includes the ability to apply this knowledge in both theory and practical situations)	Demonstrates basic understanding of rules and safety. Begins to recall key terms and concepts.	Applies knowledge of rules and tactics in simple scenarios. Shows understanding of fitness principles and health topics.	Explains concepts clearly and applies knowledge appropriately in various activities. Reflects on personal performance.	Provides detailed analysis of techniques, tactics, and health concepts. Uses knowledge to guide decision-making and improve outcomes.
R5 - Personal Fitness (The student's commitment to improving their physical health through regular activity. This includes setting goals, participating in fitness-related tasks, and understanding personal wellness)	Engages in fitness activities with guidance. Identifies simple goals related to health and activity.	Follows structured fitness plans and begins monitoring progress. Understands how activity benefits personal health.	Sets realistic goals and adapts fitness routines independently. Shows consistent improvement in key fitness areas.	Takes ownership of fitness development. Sets ambitious, personalized goals and evaluates long-term progress using data and reflection.