

PE

	EMERGING	DEVELOPING	SECURE	REFINING
Skill Execution Performing movements with control, accuracy, and consistency. Includes coordination, agility, and using fitness to support performance.	Begins to demonstrate fundamental movement skills with basic control and awareness of technique.	Performs a range of core skills with increasing consistency and starts to apply feedback to improve.	Demonstrates control and adaptability across different activities, adjusting movements to suit context.	Applies advanced techniques confidently in dynamic situations, integrating fitness and feedback to refine performance independently.
Participation, Effort & Teamwork Showing consistent effort, a positive attitude, and willingness to collaborate. Includes motivation, leadership, and supporting others.	Shows interest and participates with encouragement. Makes early attempts to stay on task and contribute.	Engages in most activities with consistent effort, a positive attitude, and growing resilience.	Participates fully and maintains strong effort throughout. Collaborates well and begins to lead by example.	Demonstrates high essential motivation, encourages peers, and shows leadership in sustaining group effort and teamwork.
Knowledge & Application Understanding and applying rules, strategies, and health concepts in practical situations. Includes using knowledge to improve performance and fitness.	Demonstrates basic understanding of rules, safety, and simple health concepts.	Applies knowledge of strategies and fitness in structured tasks. Shows growing awareness of health and performance.	Explains key concepts and applies them in varied activities. Reflects on outcomes and adapts based on understanding.	Analyses complex tactics, health principles, and performance data. Uses insight to make informed decisions and guide improvement.