

# KEY STAGE 3 PROGRESS LADDER

SUBJECT: PE



## STM STAGE

The performance of skills and techniques in isolation / unopposed situations.

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned / formal / competitive situation.

Transitional  
Criteria

Demonstrates an **ineffective** level of technical accuracy, with **little or no** precision, control and fluency.

Demonstrates **ineffective** skills, techniques and decision making, with **little or no** precision, control and fluency, during a conditioned / formal / competitive situation.

1

Demonstrates a **basic** level of technical accuracy, with **little** precision, control and fluency.

Demonstrates **basic** skills, techniques and decision making, with **little** precision, control and fluency, during a conditioned / formal / competitive situation.

2

Demonstrates a **competent** level of technical accuracy, with **some** precision, control and fluency.

Demonstrates a **competent** level of skills, techniques and decision making, with **some** precision, control and fluency, during a conditioned / formal / competitive situation.

3

Demonstrates a **proficient** level of technical accuracy, with **increasing** precision, control and fluency.

Demonstrates a **proficient** level of skills, techniques and decision making, with **increasing** precision, control and fluency, during a conditioned / formal / competitive situation.

4

Demonstrates a **good** level of technical accuracy, with precision, control and fluency.

Demonstrates a **good** level of skills, techniques and decision making, with **good** precision, control and fluency, during a conditioned / formal / competitive situation.

5

Demonstrates a **commendable** level of technical accuracy, with **increasingly accurate** precision, control and fluency.

Demonstrates a **commendable** level of skills, techniques and decision making, with **commendable** precision, control and fluency, during a conditioned / formal / competitive situation.