

## PE AP2 Grade Descriptors

	Head		Heart		Hands
1	I can understand basic rules and laws of the Sport. Students understand what skills are needed to get the games underway.	1	I find it difficult to exercise for more extended periods due to low muscular endurance and strength levels. I lack fluency and I do not currently take part in extracurricular activities in or outside of school.	1	I find it challenging to identify and adapt to changing situations/environments during physical activity. (e.g. defence into attack)
2	I can understand the rules and laws of the Sport. Students can use my prior knowledge to inform others of the rules and laws of the sport. I can make decisions in games and make decisions with peers.	2	I have improving levels of stamina/cardiovascular endurance, and my fitness levels are generally improving. I have improving coordination but lack consistency.	2	I am starting to identify and adapt to changing situations/environments during physical activity. (e.g. defence into attack)
3	Strong knowledge of the rules and laws of the sport. Students can recall the rules and laws to others and make decision in real time games.	3	I can exercise for long periods and have very good levels of cardiovascular endurance, muscular endurance and strength. I have shown lots of interest in extracurricular activities and attend where possible. My participation in lessons is very good.	3	I can identify and adapt to changing situations/environments most of the time during physical activity (e.g. defence into attack)