



# Aston Fields Middle School

## Key Performance Indicators

Pupils who are working at age related expectations at the end of the year will have a secure knowledge of these Key Performance Indicators.

### KS3 Physical Education

#### Physical Capabilities

- Has the physical capacity to cope with the task at hand
- Shows coordination, strength and stamina in activities
- Selects and combines skills for a variety of physical activities
- Shows fluency in motion

#### Mental Capabilities

- Has the confidence to perform
- Can deal with the rigours of competitive situations
- Makes decisions in controlled activities
- Faces challenges with resilience
- Cooperates well with peers
- Can identify strengths and weaknesses when evaluating their own performance and that of peers
- Provides feedback to others and can act on feedback received

#### Importance of Exercise

- Can identify benefits of exercise on the body and mind
- Can explain why exercise is important to their health and fitness
- Can explain the roles of different food groups in maintaining health