

**PE**  
**KEY STAGE 3 LEVEL 6**

**Level 6.**

Pupils at this level can:

- ◆ select and combine skills, techniques and ideas and apply them in ways that suit the activity.
- ◆ perform skills and techniques with consistent precision, control and fluency.
- ◆ plan their own work by drawing on their knowledge of strategy, tactics and composition.
- ◆ demonstrate an understanding of their own and others' strengths and weaknesses and reflect these in their planning and performing.
- ◆ analyse and comment on how skills, techniques and ideas have been used in their own and others' work.
- ◆ suggest ways to improve using composition and other aspects of performance.
- ◆ explain how to prepare for, and recover from physical activity.
- ◆ explain how different types of exercise contribute to their fitness and health.
- ◆ describe how they might get involved in other types of activities and exercise.