# Key Stage 3 ARE Frameworks

**Year 7 Autumn Data Report** 

### Topic: Clay fish Beginning Working Towards Expected Working above

Skills	I can:	I can:	I can:	I can:	I can:
	shape clay into a simple fish with help, making sure it stays together.	make a fish shape with fins, eyes, or a tail;  add some details or patterns, using tools carefully.	make a neat, finished fish with exaggerated features (like big eyes or a wiggly tail); add patterns or textures, working mostly by myself.	design and build a detailed, creative fish with bold, unusual shapes; add lots of texture, making it look lively and full of movement, just like Dr. Seuss' characters.	create a complex, original clay fish with imaginative features;  use advanced clay techniques (like carving, joining, or adding extra pieces), showing my own ideas as well as Dr. Seuss's influence.
Knowledge	I can:  say who Dr. Seuss is and spot his bright, fun fish characters.	I can:  describe how Dr. Seuss uses bright colours, curved shapes, and playful features in his fish and other creatures.	I can:  explain how my fish is inspired by Dr. Seuss, using words like "whimsical," "curved," and "imaginative" to describe my choices.	I can:  compare my fish to Dr. Seuss's art, explaining how I used his style (like bright colours, surreal shapes, and playful details);  explain why I made	I can:  analyse my own and others' fish using art words;  explain how Dr. Seuss's style and other artists inspired my work;  suggest ways to make it
				those choices.	even better.

Art KS3 Age-Related Expectations (ARE) Framework

## Computer Science KS3 Age-Related Expectations (ARE) Framework Topic: Impact of Technology – Collaborating Online Respectfully

**Expected** 

**Working above** 

**Greater Depth** 

**Working Towards** 

Beginning

Skills	I can:	I can:	I can:	I can:	I can:
	create a password; login to my account; access my emails; remember my password; access my work for the lesson with help.	create a password using letters and numbers; login to my account without help; plan work and work as part of a group.	create a strong password; can write a formal email; collaborate with other students.	compose a professional email to my teacher; competently use emailing features such as CC.	explain how having a complex password makes it harder to be hacked; use suitable sources for information e.g. NHS, NASA etc.
Knowledge	I can:  identify an unkind comment;  identify a polite comment;  recognise the share button.	I can: compose an email to a teacher; report or seek help when dealing with unkind comments.	I can:  show what a strong password looks like;  raise e-safety concerns through an appropriate channel e.g. CEOP / trusted adult.	I can:  actively support others with their work;  label the components of a formal email.	I can:  lead a group in a class activity;  explain what metadata is;  explain how to remove geotagging from images.

# Design and Technology KS3 Age-Related Expectations (ARE) Framework Topic: Clocks Beginning Working Towards Expected Working above

Skills	I can:	I can:	I can:	I can:	I can:
	use basic tools with help to mark, measure and cut; begin to sand and paint a clock with support.	use hand tools like saws and files with some guidance; sand and paint the clock neatly, with support.	accurately mark, measure and cut wood for a clock; use attractive finish.	work with control and precision using a range of tools; refine my sanding and finishing techniques to improve the outcome.	use tools independently and confidently to produce a high-quality product; use finishing techniques creatively to enhance the theme and engage the user.
Knowledge	I can:	I can:	I can:	I can:	I can:
	describe what a clock is and name some tools; say what "fun" might mean in design.	explain the purpose of my design; describe how I developed my ideas from research or examples.	research existing products and gather inspiration; develop and communicate design ideas clearly through sketches and notes.	explain how I improved my idea based on feedback; show development through annotated drawings and models.	analyse different design influences and justify my design decisions; communicate my ideas with detail and creativity, showing strong user awareness.

# Beginning Working Towards Expected Working above Greater Depth Skills Ican: I

and design it clearly;

work.

I can:

design;

... select an endangered animal

... use templates independently

... use a range of hand-stitching

techniques to join parts neatly:

... create a tassel to display my

... research endangered animals

... communicate my ideas clearly

through sketches and notes;

represents my chosen animal.

... explain how my design

and use this to inspire my

to cut felt pieces accurately:

... work with control and

precision in stitching and

adapt them where needed:

and consistently to improve

... produce a tassel that

... use templates confidently and

... apply finishing touches neatly

complements the overall design.

... explain how my design ideas

developed from research and

... show development in my

sketches and stitched work:

around endangered animals.

... link my design to wider issues

construction:

quality;

I can:

feedback;

... use hand-stitching techniques

... adapt or design my own

... use decorative and finishing

... make a tassel that is both

... analyse environmental and

animal and reflect these in my

... communicate my ideas with

creativity and detail, showing

strong awareness of user and

... demonstrate originality and imagination in design, stitching,

design decisions;

conservation issues related to my

decorative and functional.

techniques to enhance the theme

templates for originality:

and appeal;

I can:

theme:

and finishing.

creatively and with confidence to produce a high-quality piece;

... use simple hand-stitching

... use a template to cut felt

... begin to join felt pieces

... explain why my chosen

... describe some issues that

endangered animals face;

... begin to explain how my

design links to the animal.

animal is endangered;

shapes with guidance;

together neatly.

I can:

techniques with some accuracy;

... begin to identify an

with support:

guidance:

I can:

means.

Knowledge

endangered animal to focus on,

... attempt simple stitches with

... use a basic template with help.

... name an endangered animal;

... say what being "endangered"

Design and Technology KS3 Age-Related Expectations (ARE) Framework
Topic: Textiles 'Endangered Animals'

# Beginning Working Towards Expected Working above Greater Depth Skills I can... I can... I can... I can... I can...

... prepare and cook a range

... use basic cooking methods

confidently, such as frying,

baking, and using the hob;

... work independently to

complete tasks on time.

... describe how to work

safely and hygienically in a

...understand the functions

... explain why we use

different preparation

methods (e.g., rubbing in,

of key ingredients (e.g., flour,

I can...

kitchen:

fat, fruit);

frying).

of dishes safely and

hygienically (e.g., fruit

crumble, quesadilla):

...prepare and cook a variety

practices consistently when

...adjust recipes to improve

... explain how ingredients

and cooking methods affect

the sensory qualities of food;

... understand the principles

... give reasons for adapting

recipes for health or dietary

of balanced meals and

of dishes using good

technique and time

...apply safe working

using knives, hobs, and

taste, texture, or

presentation.

management.

ovens.

I can...

nutrition;

needs.

...demonstrate advanced

...use a range of cooking

methods to create well-

presented and high-quality

...work independently and

dishes (e.g., homemade bread).

efficiently, showing initiative in

... analyse how preparation and

cooking techniques influence

flavour, texture, and nutrition;

... evaluate dishes critically and

traditional and modern cooking

suggest well-justified

... compare and contrast

methods used in different

improvements;

cuisines.

food preparation.

problem-solving.

I can...

confidence and precision in

... use basic knife skills with

accurately most of the time;

... follow a simple recipe to

... explain why good hygiene

... identify different cooking

methods and their uses:

storage of ingredients.

and food safety are

... understand the importance of correct

make a dish such as fruit

salad or scones.

I can...

important;

... measure ingredients

support;

... follow simple instructions

... use basic equipment safely

... prepare simple ingredients

(e.g., peeling, washing fruit).

... name basic kitchen

working areas;

cleaning surfaces).

equipment and identify safe

... recognise simple hygiene

rules (e.g., washing hands,

with help;

I can...

Knowledge

with guidance;

Design and Technology KS3 Age-Related Expectations (ARE) Framework
Topic: Food: Developing Basic Food Skills

# Topic: Stage and Audience | Beginning | Working Towards | Expected | Working above |

Skills	I can:	I can:	I can:	I can:	I can:	
	perform with the whole class; focus when on stage; identify where the audience are.	face the audience during a performance; use facial expressions; use body language.	perform small scenes with my class; perform using considered blocking with the audience in mind; use vocal and physical skills to create clear characters.	use small scenes to add depth to my performance; consider what I am wanting to communicate to the audience and how to add depth to my performance; choose a different	create a group performance strategically to maximise impact the audience; have an overview of the whole performance to maximise impact on the audience; take a lead in a performance on a traverse	

Drama KS3 Age-Related Expectations (ARE) Framework

			skills to create clear characters.	to add depth to my performance; choose a different stage type to enhance my performance.	maximise impact on the audience; take a lead in a performance on a traverse or thrust stage.
Knowledge	I can: explain what facial expressions are; explain what body language is; explain what tone of voice is.	I can:  identify the different areas of the stage; explain what a scene is; explain why audience awareness is important.	I can:  articulate the names of different stage types; articulate the benefits and difficulties of at least one stage type; understand what is necessary for a successful	I can:  evaluate the whole class using WWW;  evaluate my own performance using WWW;  justify my choice of stage type and the	I can:  evaluate another group using WWW and NS; understand and explain what makes a successful performance from a performer and audience point of view
	expressions are; explain what body language is; explain what tone of	areas of the stage; explain what a scene is; explain why audience	different stage types; articulate the benefits and difficulties of at least one stage type; understand what is	class using WWW; evaluate my own performance using WWW;	using WWW and NS understand and e what makes a succe performance from

#### English KS3 Age-Related Expectations (ARE) Framework Topic: Autobiographical WRITING

	Beginning	Working Towards	Expected	Working above	Greater Depth
Skills	I can: Make some improvements to my first draft of my writing. Write my ideas in a logical way (my writing makes sense and is in an appropriate order, e.g. chronological/time order). Use model examples to help shape my writing. Write clearly with some powerful words. Include some powerful words to replace everyday words. Use start and end punctuation, although it is not always consistent. With support, proofread my work and begin to make corrections (e.g. to the spelling of basic everyday words). Check my tense choices are becoming more consistent (e.g. past and present).	I can: Draft and re-draft my work. Respond to task and attempt to select appropriate register and tone. Organise my work coherently, structuring it to guide the reader (e.g. with paragraphs). Use an increasingly wide range of vocabulary that is becoming more precise and interesting. Show an awareness of audience, purpose and context in my choices, including basic linguistic devices in my work. Use sentences in the appropriate tense and use simple and compound sentences. Proofread my work and make corrections (e.g. to the spelling of everyday words and sentence demarcation CL FS ?!). Use consistent and correct tense (e.g. past, present and future).	I can: Use a growing knowledge of register, form, genre and most of my writing is suited to task and audience. Use basic plot structures (inc. first/third person narratives) and planning strategies. Write for the reader /audience (e.g. who you are writing to/ formal/ informal tone?) Select vocabulary that is increasingly relevant with some attempts to use: similes, alliteration and personification. Organise my work, though paragraphs might be the same length and I might repeat ideas. Use sentences/tenses which are usually accurate, and attempt to use a range of punctuation with some success. Attempt to use a variety of sentence forms (simple and compound) with some control of agreement. 8. Use some accurate spelling across a range of vocabulary (e.g. homophones and with attempts to use more complex words-tier 2).	I can: Use a range of different perspectives and use them in a variety of formats. Apply my understanding of register, form, audience and have confident knowledge of genre conventions (e.g. how to write different styles of writing). Use features of the form and style required of the piece. Consistently use relevant and successful choices of vocab and linguistic devices e.g. similes, metaphors, alliteration and personification. Use paragraphing consistently and with some variety in openers and length for effect. Use a variety of sentence types with tense changes for clarity and effect with mostly accurate punctuation. Use a variety of sentence forms (simple, compound and complex) with control of agreement. Use generally accurate spelling across variety of vocabulary (tier 1 and 2).	I can: Use a range of different planning structures for most texts; essays and creative tasks. Use and create different voices / perspective for different genre conventions (e.g. how to write different styles of writing). Match my writing to purpose/ task (reason for writing), audience and form (type of writing). Use vocabulary and linguistic devices e.g. similes, metaphors, alliteration and personification, imagery consciously and for effect. Use a range of paragraph lengths and openers clearly in all my writing. Ensure that my sentence demarcation is consistently accurate with a variety of forms used for effect (e.g. short for suspense/tension). Use a range of punctuation is used, mostly with accuracy. Use generally accurate spelling across an increasingly sophisticated use of vocab (tier 1 and 2).

#### English KS3 Age-Related Expectations (ARE) Framework Topic: Autobiographical WRITING

	Beginning	Working Towards	Expected	Working above	Greater Depth
Knowledge	I can IDENTIFY: important information that would interest the audience/reader; some of the powerful words writers use; some emotions the reader might feel; some key topics and words in my speech to make my audience interested.	I can COMMENT ON: the topics a writer focuses on to interest the reader; a number of powerful words writers to describe; why I have chosen certain topics in my own speech and what I'd like the audience to feel; where I have used powerful words and what I'd like the audience to understand.	I can EXPLAIN: the key topics that would interest the reader; how some of the language creates emotions in the reader; how I have organised my speech to engage my audience;why I have chosen certain words and phrases and the effect I would like them to have.	I can DISCUSS: why a writer has chosen certain topics to talk about and their effect on the reader; the effect of a range of powerful words and phrases writers use to describe; why I have focused on certain topics in my own speech and the effect on the audience; why I have used certain words and methods and the emotions they create in the audience.	I can EXPLORE and LINK: find similar topics within autobiographies and discuss their impact on the reader find similarities and differences between writers' topics and use of language and discuss what they might suggest about writers emotions discuss in depth my language and topic choices in my own speech and how the audience is meant to feel.

### Topic : What is happening to the Coastline of the Isle of Wight? Beginning Working Towards Expected Working above

**Geography KS3 Age-Related Expectations (ARE) Framework** 

Skills	I can:	l can:	I can:	I can:	I can:
	identify coastal features in an image with help; create a diagram of transportation using a scaffold and word bank.	independently identify coastal features on a photo or map;create a diagram of transportation using a scaffold;write like a geographer using geographical vocabulary with support.	independently identify coastal features on a map and in a photo and begin linking them to processes;create an accurately labelled diagram of transportation; write like a geographer using geographical vocabulary.	compare coastal features in a figure, using key terms;compare factors that influence physical processes; write like a geographer using a wide geographical vocabulary.	compare coastal features in a figure, using key terms and named examples;  write like a geographer using a wide geographical vocabulary accurately.
Knowledge	I can:	I can:	I can:	I can:	I can:
	define what the coastline is with prompts;describe the impact of waves;name a type of coastal engineering.	name the two types of wave; name 3 types of coastal erosion; name the process of transportation;name three engineering methods of coastal management.	identify the characteristics of the two types of waves;explain 3 types of coastal erosion;describe the process of transportation;give examples of each type of coastal management and state if they are a hard or soft engineering technique.	explain coastal processes accurately;Give examples of each type of coastal management and start to explain how they work.	use named examples to develop my explanations of coastal processes; explain each type of coastal management, identifying their advantages and disadvantages.

#### History KS3 Age-Related Expectations (ARE) Framework Topic: Isle of Wight; Who do you think you are?

	Beginning	Working Towards	Expected	Working above	Greater Depth
Skills	I can:  recall what happened and begin to consider why it is important;  mention a date or two;  write a simple script with a beginning and end.	I can:  describe why a place/event is important;  use some correct dates/time periods;  write a script that is clear and coherent.	I can: explain why places/events are significant within our local history; use accurate dates or time periods to show when events happened; write a script that is clear, organised, and sounds like a real tour guide.	I can: give thoughtful reasons why places/events are significant; show a clear understanding of historical sequence and time periods; write a script that is lively, well-structured, and interesting to listen to.	I can:  give insightful explanations, linking events to wider historical themes (e.g. war, power, change);  confidently explain time periods and make connections between different times;  write a script that is creative, engaging, and sounds like a professional tour – it would keep an audience hooked!
Knowledge	I can: name a place or event related to our study.	I can: describe some historical places/events with basic facts.	I can: describe several important places with accurate, relevant historical detail.	I can:  include a range of detailed and accurate facts, showing deep understanding.	I can:  include a wide range of detailed facts and show excellent understanding of the area's history.

# Mathematics KS3 Age-Related Expectations (ARE) Framework Topic: Sequences Working Towards Expected Working above

**Greater Depth** 

Beginning

Skills	I can:	I can:	I can:	I can:	I can:
	begin to describe and continue some linear sequences.	find the next term(s) In ascending sequences.	continue linear and non-linear sequences.	explain the term to term rule in linear and non linear sequences and check using inverse operations.	solve complex problems with missing terms and explain each step clearly in linear and non linear sequences.
Knowledge	I can:	I can:	I can:	I can:	I can:
	use some words about patterns;  Recognise a simple list of numbers.	use key terms like 'term' and 'rule';  describe simple sequences like even numbers.	understand and use sequence vocabulary correctly; identify linear and non-linear number sequences.	use the correct mathematical language when solving problems; give examples of different sequence types.	link vocabulary to other topics like algebra and use it fluently.  compare, contrast and justify the type of sequence using mathematical reasoning.

# | Beginning | Working Towards | Expected | Working above | Ican: | Ica

most year 7 key topic based

vocabulary (20-49%).

Skills

some Y7 key topic based

words in French (Below

20%).

	correctly pronounce two Y7 SSCs (e.g [oi] voir);give a single word response to questions on a topic with several errors in pronunciation.;read aloud cognate words e.g. "chocolat" accurately.	correctly pronounce three to five Y7 words using SSCs (e.g [oi] voir);give a short phrase response to questions on a topic with some errors in pronunciation;read a short sentence aloud with no more than 2 errors in pronunciation.	correctly pronounce five to ten Y7 words using SSCs (e.g [oi] voir); give a sentence response to questions that includes an opinion on a topic with few errors in pronunciation; read a short sentence aloud with no errors in pronunciation.	correctly pronounce all Y7 words using SSCs (e.g [oi] voir);  give an extended response to questions on a topic using positive and negative opinions with few errors in pronunciation; read extended sentences aloud accurately and with some hesitation.	correctly pronounce unfamiliar words using knowledge of SSCs;  give an extended response to questions on a topic including quantifiers/ reference to other people/ connectives with accurate pronunciation; read extended sentences aloud with little or no hesitation.
Knowledge	l can:	I can:	l can:	I can:	I can:
	remember the meaning of	remember the meaning of	remember the meaning of	remember meaning and	remember meaning key key

and accurately spell most

year 7 key topic based

vocabulary (50-69%).

spell all key year 7 key topic

based vocab (70-89%).

Modern Foreign Languages KS3 Age-Related Expectations (ARE) Framework Topic: Tu aimes le chocolat? - Talking about your likes and dislikes

**Greater Depth** 

topic based vocab and

100%.

quantifiers, opinions)90-

extension words (connectives,

I can:

#### 

... play all of Frere Jacques

fairly accurate notes and

mostly accurate notes &

tempo without too much

rhvthm:

rhythm;

hesitation.

I can:

notation.

(right hand melody only) with

... perform the simple version of

Pirates of the Caribbean with

... play with mostly consistent

... list some instruments played

... read some notes in staff

using a keyboard;

... play all of Frere Jacques (right

in the left hand) with fairly

accurate notes and rhythm:

... perform the intermediate

with mostly accurate notes &

... play fairly fluently with a

... play all of it with 2 hands,

hand (intermediate version).

... describe instruments played

... read most of the notes in staff

playing single bass notes in the left

consistent tempo;

with a keyboard;

rhythm;

I can:

notation.

hand melody and single bass notes

version of Pirates of the Caribbean

... play all of Frere Jacques (right

hand melody and chords in the

left hand) with accurate notes

... perform the advanced

version of Pirates of the

... play all of it with 2 hands.

playing chords in the left hand

with no letter names (advanced

... describe in some detail all of

the main instruments played

... read all of the notes in staff

notation straight away.

with a keyboard:

... play fluently with a

consistent tempo;

Caribbean with accurate notes

and rhythm:

& rhythm;

version).

I can:

... play the first line of Frere

Jacques (right hand melody

... perform at least the first 4 bars of the simple version

of Pirates of the Caribbean;

... play with an awareness of

only);

note lengths.

I can:

... name an instrument

played using a keyboard.

Knowledge

... play the first line of Frere

Jacques (right hand melody

... perform all of the simple

version of Pirates of the

and rhythm:

notes;

I can:

some parts.

only) with fairly accurate notes

Caribbean with mostly accurate

... play with consistent tempo in

... name a couple of instruments

played using a keyboard;

... understand how staff

remember any notes.

notation works but don't

Music KS3 Age-Related Expectations (ARE) Framework



#### PE KS3 Age-Related Expectations (ARE) Framework Topic: Invasion Games



Skills	Beginning	Working Towards	Expected	Working above	<b>Greater Depth</b>
Ball Control & Movement	□ I'm <b>beginning</b> to move the ball where I want it to go.	☐ I'm working towards being able to control the ball more often and move with it.	□ I can <b>usually</b> move the ball where I want it to go in easy games.	□ I can move the ball well even when the game gets <b>tricky</b> .	☐ I can <b>confidently</b> move the ball exactly where I want it, even with pressure from others.
Attacking & Defending	□ I'm <b>beginning</b> to understand how to score or stop goals.	□ I'm working towards trying to attack or defend, and I'm learning where to be.	□ I can <b>usually</b> try to score or stop goals and move to help my team.	□ I can make <b>good choices</b> about when to score or stop goals, and I help my teammates.	☐ I can make <b>smart and flexible</b> choices to score or stop goals, adapting to the game.
Leadership in Practice	□ I'm <b>beginning</b> to listen and watch what others do.	□ I'm working towards being able to help my team when I'm reminded.	□ I can <b>usually</b> listen to my team and cheer them on during activities.	□ I can help <b>lead</b> small parts of a warm up	□ I can <b>actively encourage</b> and support my teammates, and I can lead small group activities well.
Knowledge					
Rules	□ I'm <b>beginning</b> to explore the rules and learn from my mistakes.	□ I'm working towards building my knowledge of simple rules.	☐ I can follow most of the <b>basic</b> rules and play fairly.	□ I can <b>explain</b> the rules clearly to others in simple terms.	☐ I can <b>confidently</b> understand and explain all the rules, even the tricky ones.
Tactics & Strategies	□ I'm <b>beginning</b> to learn how to play as a team to reach our goals.	☐ I'm working towards being able to work with my team and understand simple plans.	☐ I can <b>understand</b> basic ideas like passing to open players.	☐ I can use <b>simple ideas,</b> like finding space, to help my team play better.	☐ I can think about and try out simple game plans with my team to improve our play.



ball/shuttle over the net.

□ I'm **beginning** to understand

where to stand on the court and

where to hit the ball.

□ I'm **beginning** to listen to

what others say.

☐ I'm **exploring** the basic rules

and often need help.

□ I'm **beginning** to discover that

there are plans in games.

receiving over

the net

Court awareness

and shot

placement

Leadership skills

Knowledge

Rules

Tactics and

strategies

able to hit/send the ball/shuttle

over the net more often.

□ I'm working towards being

able to move around the court.

but I mostly hit the ball straight.

□ I'm **learning** to encourage my

teammates a little.

□ I'm working towards building

my understanding of some

simple rules.

□ I'm working towards being

able to try to hit the ball back to

my opponent.

PE KS3 Age-Related Expectations (ARE) Framework  Topic: Net Games			AATTA
rking Towards	Expected	Working above	Greater Dept

ball/shuttle over the net with

some control.

□ I can move well around the

court and try to hit the ball to

different parts of the other side.

□ I can help organise small parts

of an activity, like getting

equipment ready.

□ I can know the rules well and

can explain them to others in

simple terms.

□ I can use simple ideas to try

and win points, like hitting it to

the back.

make it difficult for the other

player.

□ I can move quickly and

smartly around the court,

often hitting the ball to very

tricky spots.

□ I can actively encourage and

support my teammates, and I

can lead small activities with

some help.

□ I can understand the rules

deeply and can explain them

clearly to anyone.

□ I can think about simple

plans and try to use them to

play better against my

opponent.

Topi		pic: Net Games		A THE WALL OF THE PARTY OF THE	
Skills	Beginning	Working Towards	Expected	Working above	<b>Greater Depth</b>
Sending and	□ I'm <b>beginning</b> to hit/send the	□ I'm working towards being	☐ I can usually hit/send the	□ I can consistently hit/send the	☐ I can reliably hit/send the ball/shuttle over the net and

ball/shuttle over the net in a

rally.

□ I can usually get back to the

middle of my side and try to hit

the ball into open spaces.

□ I can usually listen to my

teammates and cheer them on.

□ I can know most of the basic

rules and usually follow them.

□ I can understand basic ideas

like trying to hit to open spaces

or get the ball back.



feels during exercise.

□ I'm discovering that my

body changes when I

exercise (e.g., get hot).

□ I'm learning to listen to

instructions carefully.

□ I'm learning how to use

some basic fitness

equipment with supervision

□ I'm discovering that being

active makes me "fit".





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E KS3 Age-Related Expectations (ARE) Framework	
Topic: Health and Fitness	

□ I can notice when my body

feels different during exercise,

like faster breathing or

sweating.

□ I can usually listen to my

classmates and cheer them on

during activities.

☐ I can follow the main safety

rules when using basic fitness

equipment.

□ I can name a few ways we are

fit, like being fast or strong

PE KS3 Age-Related Expectations (ARE) Framework				
Topic: Health and Fitness				

ABBAN	Topic: Health and Fitness

		Topic: Health and Fitness		
Skills	Beginning	Working Towards	Expected	



Working above

good effort.

at rest and after exercise, and tell

the difference.

□ I can help organise small parts

of an activity, like getting

equipment ready or leading a

stretch.

□ I can help set up and use basic

fitness equipment safely, and

explain simple rules to a

classmate.

☐ I can name and give simple

examples of the main

components of fitness

**Greater Depth** 

□ I can consistently challenge

myself, knowing how to work

hard safely and effectively.

□ I can take and record my

pulse accurately, and

understand that it tells me

how hard my heart is working.

□ I can actively encourage and

support my classmates,

helping them stay positive.

□ I can confidently use basic

fitness equipment safely and

properly, and help remind

others of safety rules.

□ I can explain different types

of fitness and how they help

us in sports

Skills Beginning

Pushing your

Understanding

your body

through data

Leadership in

Knowledge

Safety & Risk

Components of

Awareness

**Fitness** 

Practice

body safely

**Working Towards** 

☐ I'm starting to notice when my

breathing gets faster.

□ I'm starting to encourage my

classmates with positive words.

□ I'm starting to follow simple

instructions for using common

fitness equipment safely.

□ I'm learning that strength helps

me lift things and speed helps me

run fast.

☐ I'm exploring how my body ☐ I'm learning to keep trying even

when I get a bit tired.

□ I can try my best and keep going for most of the activity,

□ I can push myself to work hard throughout the activity, showing understanding when to rest.

□ I can take my pulse (heart rate)

#### Religious Education KS3 Age-Related Expectations (ARE) Framework Topic: Who was Christ the King? Life of Jesus (Beliefs)

	Beginning	Working Towards	Expected	Working above	Greater Depth
Skills	I can:	I can:	I can:	I can:	I can:
	listen carefully and ask questions about stories from Jesus' life.	retell stories from Jesus' life in order and say what they might mean.	compare different parts of Jesus' life and say how people reacted to Him.	think about why Jesus and His followers acted the way they did and how that might affect Christians today.	give thoughtful opinions on how Jesus' life inspires others, using evidence from stories and teachings.
Knowledge	I can:	I can:	I can:	I can:	I can:
	I can name Jesus and a few people who were important in His life, like Mary and Joseph.	tell some simple facts about Jesus' life, like where He was born and who His friends were and how he died.	describe key events in Jesus' life (e.g. baptism, miracles) and name key characters like John the Baptist and the disciples.	explain how different people (like Mary, the disciples, and John the Baptist) helped or followed Jesus.	make links between events in Jesus' life and explain how key people helped shape Christian beliefs about Him.

#### Science KS3 Age-Related Expectations (ARE) Framework Topic: Life

	Beginning	Working Towards	Expected	Working above	Greater Depth
Skills	I can: Set up a microscope correctly	I can: Make an onion cell slide	I can: Draw an accurate scaled diagram of the image viewed under the microscope	I can: Calculate the magnification of an object given the image and actual size	I can: Manipulate the magnification calculation to find image size or real size
	Decide what type of graph to draw	Produce an even scale for the x and y axis	Include units and give a suitable title	Plot a graph to show the changes in embryo length	Use the graph to compare the length of the foetus at different times of development
Knowledge	I can: List the names of plant and animal cells	I can: Describe the function of organelles	I can: Explain how cells are adapted for their function	I can: Compare plant and animal systems	I can: Evaluate the arguments for and against organ transplants
	Identify the parts of the male and female reproductive organs	Illustrate the key events in the menstrual cycle	Explain how twins are formed	Produce a flow chart of the development of a foetus	Use information on IVF case studies to suggest who should receive it