



In every activity you do in PE you are taught and assessed via FASTER

Word		Definition
Fitness	F	The ability to meet/cope with the demands of the environment.
Applying Decisions	A	The process of making choices and using in a sporting context.
Skills	S	A learned action/behaviour with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy.
Teamwork	T	The combined actions of a group of people working together effectively to achieve a goal.
Evaluating and Improving	E	To calculate the quality and importance of performance and use this to get better.
Resilience	R	The ability to recover quickly and overcome a challenge.

Find in the FASTER knowledge and skills grid for KS3

Net & Wall

Striking & Fielding

Aesthetics

Invasion Games

Athletics

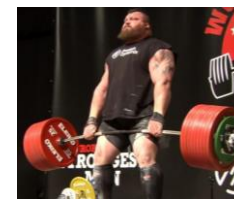
Outdoor & Adventurous Activities

Fitness

Cardiovascular endurance



Muscular strength



Muscular endurance



Flexibility



Speed



Power



Agility



Balance



Coordination



Reaction time



Applying Decisions

Strategic

Decision Making



Shot selection



Positioning

Tactics

Dance routine





Skills

Invasion Games...

Shooting, Passing
Receiving, Dribbling,
Shooting, Control

Outdoor Adventurous Activities...

Batting, Catching
Throwing, Bowling

Striking and Fielding...

Batting Catching
Throwing
Bowling

Aesthetics Dance/Gym...

Balance, Jumps, Travel
Rolls, Spins, Unison, Canon,

Net/Wall...

Forehand/Backhand
Serve, Spin, Drop shot

Athletics...

Sprinting, Jumping,
Pacing, Throwing,
Take off, approach,
release

Evaluating and Improving



EBI

Peer and Self-Assessment



Analyse



FASTER Criteria



Teamwork



Paired work



Leadership



Group work



Delegate

Resilience

