



What It Means to Perform Well in PE

KS2 PE Ages 11-14 ⌚ 3 min read

What Does 'Performing Well' Really Mean?

When teachers talk about **performing well in PE**, they don't just mean winning races or scoring the most goals. **Good PE performance** is about much more than that. It includes your **effort**, your **improvement**, how you **work with others**, and whether you follow the **rules of the game**.

Think of it like learning the guitar. You might not be the best player in the school yet, but if you practise hard, listen to feedback, and keep getting better each week, you're performing well. The same goes for PE.

The Five Main Ways to Perform Well

First, effort matters most. Your teacher wants to see you trying your hardest, even if you're not naturally sporty. **Second, skill improvement** is important—can you do a cartwheel better this week than last week? **Third, teamwork and cooperation** count hugely. Can you pass the ball, encourage teammates, and listen to instructions? **Fourth, following rules** shows respect for the game and other players. And **fifth, attitude** means staying positive and not giving up when things get tough.

Think of it like building a Lego set. You don't need to build it perfectly the first time. What matters is following the instructions, asking for help when you need it, and building a little better each time you try.

Why This Matters

Schools teach PE because **physical activity** keeps your body healthy and strong. But it's also about learning **life skills** like teamwork, problem-solving, and never giving up. When your PE teacher grades you, they're not just checking if you're the fastest runner. They're checking if you're becoming a more confident, skilled, and kind person.

Even if you're not planning to be a professional athlete, performing well in PE means you're developing **fitness, resilience**, and **social skills** that will help you for the rest of your life. That's what really counts.

