

KS3 PE Assessment

	Working towards the Yr.7 expected standard	Working towards + Yr.7 expected standard	Meeting the Yr.7 standard	Above the Yr.7 standard	Well above the Yr.7 standard
Performance and character Skills, techniques, ideas, sportsmanship and attitude	I perform a limited range of skills, techniques and ideas to a basic level with some success/accuracy in a practice situation. PASSIVE - I listen to others, follow rules and know that effort is important in PE.	I perform some skills, techniques and ideas to a basic level with some success/accuracy in a practice situation. PASSIVE + - I listen to others and can answer some questions.	I perform a range of basic skills, techniques and ideas with some success in practice or conditioned competition. I am beginning to show more accuracy and control. ENGAGED – I know when to listen and talk. I answer questions when asked. I help with equipment. I have a positive approach.	I perform a range of basic skills, techniques and ideas to a good standard with success in practice and competition. I show accuracy, control and fluency in some sports. PROACTIVE - I work well within a group/team I often volunteer answers and want to demonstrate I help others in need. I show a desire to improve. I am gracious in defeat.	I can perform a range of basic and complex skills, techniques and ideas to a good standard in a range of activities and environments. I show more consistent accuracy, control and fluency in a range of sports. DETERMINED – I stay focused on a task and enjoy learning. I want to achieve and succeed. I want to help others improve and I learn from them.
Decision making Tactics and strategies	I have limited understanding of strategies, tactics and compositional ideas. I make limited decisions in a practice situation.	I have some understanding of strategies, tactics and compositional ideas. I make some decisions in a practice situation.	I use basic strategies, tactics and compositional ideas in a simple situation or conditioned environment. I can make simple decisions when faced with a problem.	I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance. I can offer a range of solutions to problems.	I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses. I can offer a range of solutions to more challenging problems.
Leadership and Organisation Leading, officiating and lesson preparation	I work with others/ my teacher to plan or deliver part of a warm up. I have limited knowledge of rules. I may help when giving feedback. I can compare performances and make comments on whether it's 'good' or not. I regularly bring full PE kit to my lessons.	I work with others/ my teacher to plan or deliver part of a warm up. I have some knowledge of rules. I can help when giving feedback. I can compare performances and say whether it's 'good' or not with some reasoning. I regularly bring full PE kit to my lessons.	I work with others to plan and/or lead a simple practice or warm-up for myself and others. I have basic knowledge of the rules in some sports. I have experienced the role of official, choreographer etc. I can identify strengths and weaknesses in my own and others' work. I describe the skills im observing and say what makes them 'good' and how they could improve. I bring the correct kit to lessons.	I work with others to plan, organise and lead effective practices and activities safely. I have basic knowledge and understanding of the rules in a range of sports. I have experienced the role of official, choreographer etc. with some confidence. I can observe and comment on skills, techniques and ideas and how these are applied in my own and other's work. When suggesting ways to improve I use key words. I bring correct kit to all lessons.	I can plan, organise and lead effective and relevant practices and activities safely. I have good knowledge and understanding of the rules in a range of sports. I am confident in the role of official, choreographer etc. in at least one sport. I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work. I can suggest appropriate ways to improve using the correct terminology and teaching points. I bring correct kit to all lessons.
Health and Fitness Healthy active lifestyle and lifelong participation	I regularly participate in PE lessons. I know why we warm up.	I regularly participate in PE lessons. I can name one or two muscle groups. (Tricep, Bicep, Quadricep group, Hamstring Group, Gastrocnemius)	I can describe how exercise affects my body and why it is good for me. I can name some major muscle groups and show appropriate stretches. (Tricep, Bicep, Quadricep group, Hamstring Group, Gastrocnemius) I have attended a co-curricular PE club and /or participate in sport outside of school.	I can adapt a warm – up to suit the needs of an activity. I can name and describe where the 5 main muscle groups are located on the body. (Tricep, Bicep, Quadricep group, Hamstring Group, Gastrocnemius). I can show a sporting example of me using some of the muscles. I regularly attend a co-curricular PE club and /or participate in sport outside of school.	I can explain how heart rate reacts during different types of activity. I can name and describe where the 5 main muscle groups are located on the body. (Tricep, Bicep, Quadricep group, Hamstring Group, Gastrocnemius). I can show and describe a sporting example of me using the muscles. I demonstrate a commitment to sport both in school and out of school.

KS3 PE Assessment

	Working towards the Yr.8 expected standard	Working towards + Yr.8 expected standard	Meeting the Yr.8 standard	Above the Yr.8 standard	Well above the Yr.8 standard
Performance and character Skills, techniques, ideas, sportsmanship and attitude	<p>I perform a range of basic skills, techniques and ideas with some success in practice or conditioned competition. I am beginning to show more accuracy and control.</p> <p>ENGAGED – I know when to listen and talk. I answer questions when asked. I help with equipment. I have a positive approach.</p>	<p>I perform a range of basic skills, techniques and ideas with success in practice or conditioned competition. I am beginning to show more accuracy and control.</p> <p>ENGAGED + – I know when to listen and talk. I answer questions when asked. I help with equipment. I have a positive approach.</p>	<p>I perform a range of basic skills, techniques and ideas to a good standard with success in practice and competition. I show accuracy, control and fluency in some sports.</p> <p>PROACTIVE - I work well within a group/team I often volunteer answers and want to demonstrate I help others in need. I show a desire to improve. I am gracious in defeat.</p>	<p>I can perform a range of basic and complex skills, techniques and ideas to a good standard in a range of activities and environments. I show more consistent accuracy, control and fluency in a range of sports.</p> <p>DETERMINED – I stay focused on a task and enjoy learning. I want to achieve and succeed. I want to help others improve and I learn from them.</p>	<p>I consistently perform a range of basic and complex skills, techniques and ideas in a wide range of activities and environments. I perform with consistent precision, control and fluency in most activities.</p> <p>PERSISTENT – I set positive examples to others. I try again in the face of failure. I love a challenge. I show captain potential and great sportsmanship.</p>
Decision making Tactics and strategies	<p>I use basic strategies, tactics and compositional ideas in a simple situation or conditioned environment. I can make simple decisions when faced with a problem.</p>	<p>I use basic strategies, tactics and compositional ideas in a situation or conditioned environment. I can make decisions when faced with a problem.</p>	<p>I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance. I can offer a range of solutions to problems.</p>	<p>I use a range of strategies, tactics and compositional ideas in my own and others' work based on strengths and weaknesses. I can offer a range of solutions to more challenging problems.</p>	<p>I apply and adapt advanced strategies, tactics and compositional ideas in my own and others' work. I can offer a range of effective solutions to challenging problems.</p>
Leadership and Organisation Leading, officiating and lesson preparation	<p>I work with others to plan and/or lead a simple practice or warm-up for myself and others.</p> <p>I have basic knowledge of the rules in some sports.</p> <p>I have experienced the role of official, choreographer etc.</p> <p>I can identify strengths and weaknesses in my own and others' work.</p> <p>I describe the skills I'm observing and say what makes them 'good' and how they could improve.</p> <p>I regularly bring full PE kit to my lessons.</p>	<p>I work with others to plan and/or lead a practice or warm-up for myself and others.</p> <p>I have basic knowledge of the rules in some sports.</p> <p>I have experienced the role of official, choreographer etc.</p> <p>I can identify strengths and weaknesses in my own and others' work.</p> <p>I describe the skills I'm observing and say what makes them 'good' and how they could improve.</p> <p>I regularly bring full PE kit to my lessons.</p>	<p>I work with others to plan, organise and lead effective practices and activities safely.</p> <p>I have basic knowledge and understanding of the rules in a range of sports.</p> <p>I have experienced the role of official, choreographer etc. with some confidence.</p> <p>I can observe and comment on skills, techniques and ideas and how these are applied in my own and others' work.</p> <p>When suggesting ways to improve I use key words.</p> <p>I bring the correct kit to lessons.</p>	<p>I can plan, organise and lead effective and relevant practices and activities safely.</p> <p>I have a good knowledge and understanding of the rules in a range of sports.</p> <p>I am confident in the role of official, choreographer etc. in at least one sport.</p> <p>I can analyse and comment on how skills, techniques, ideas and tactics have been used in my own and others' work.</p> <p>I can suggest appropriate ways to improve using the correct terminology and teaching points.</p> <p>I bring correct kit to all lessons.</p>	<p>I take on different roles within an activity, showing an ability to organise and communicate effectively.</p> <p>I apply rules fairly and consistently.</p> <p>I can analyse and comment on my own and others' work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance.</p> <p>I can plan and implement effective ways to improve my own and others' performance.</p> <p>I bring correct kit to all lessons.</p>
Health and Fitness Healthy active lifestyle and lifelong participation	<p>I can describe how exercise affects my body and why it is good for me.</p> <p>I can name some bones. (Femur, Tibia, Fibula, Talus, Ulna, Radius, Humerus).</p> <p>I have attended an extra-curricular PE club and/or participate in out of school sport.</p>	<p>I can describe how exercise affects my body and why it is good for me.</p> <p>I can name some bones and show the location. (Femur, Tibia, Fibula, Talus, Ulna, Radius, Humerus).</p> <p>I have attended extra-curricular PE club and/or participate in out of school sport.</p>	<p>I can adapt a warm-up to suit the needs of an activity.</p> <p>I can name 7 bones and show their locations. (Femur, Tibia, Fibula, Talus, Ulna, Radius, Humerus).</p> <p>I regularly attend an extra-curricular PE club and participate in out of school sport.</p>	<p>I can explain how heart rate reacts during different types of activity.</p> <p>I can name and describe where 7 bones are located on the body. (Femur, Tibia, Fibula, Talus, Ulna, Radius, Humerus). I can show a sporting example of me using some of the bones.</p> <p>I demonstrate a commitment to sport both in school and out of school.</p>	<p>I can explain the benefits of regular physical activity on physical, mental and social wellbeing.</p> <p>I can name and describe where 7 bones are located on the body. (Femur, Tibia, Fibula, Talus, Ulna, Radius, Humerus). I can show and describe a sporting example of me using the bones and can describe some of the functions of the skeletal system.</p> <p>I demonstrate a continued commitment to sport both in school and out of school.</p> <p>I specialise in an activity and compete at club standard.</p>

KS3 PE Assessment

	Working towards the Yr.9 expected standard	Working towards + Yr.9 expected standard	Meeting the Yr.9 standard	Above the Yr.9 standard	Well above the Yr.9 standard
Performance and character Skills, techniques, ideas, sportsmanship and attitude	<p>I perform a range of basic skills, techniques and ideas to a good standard with success in practice and competition.</p> <p>I show accuracy, control and fluency in some sports.</p> <p>PROACTIVE - I work well within a group/team I often volunteer answers and want to demonstrate I help others in need. I show a desire to improve. I am gracious in defeat.</p>	<p>I perform a range of skills, techniques and ideas to a good standard with success in practice and competition.</p> <p>I show accuracy, control and fluency in sports.</p> <p>PROACTIVE + - I work well within a group/team I often volunteer answers and want to demonstrate I help others in need. I show a desire to improve. I am gracious in defeat.</p>	<p>I can perform a range of basic and complex skills, techniques and ideas to a good standard in a range of activities and environments.</p> <p>I show more consistent accuracy, control and fluency in a range of sports.</p> <p>DETERMINED – I stay focused on a task and enjoy learning. I want to achieve and succeed. I want to help others improve and I learn from them.</p>	<p>I consistently perform a range of basic and complex skills, techniques and ideas in a wide range of activities and environments.</p> <p>I perform with consistent precision, control and fluency in most activities.</p> <p>PERSISTENT – I set positive examples to others. I try again I the face of failure. I love a challenge. I show captain potential and great sportsmanship.</p>	<p>I consistently perform a full range of complex skills, techniques and ideas across the curriculum.</p> <p>I perform with consistent precision, control, fluency, originality and flair.</p> <p>RESILIENT – I show no falter in failure and do not give up when faced with a challenge. I am a positive role model in all situations.</p>
Decision making Tactics and strategies	<p>I use strategies, tactics and compositional ideas in practice and competition which have some influence on my performance. I can offer a range of solutions to problems.</p>	<p>I use strategies, tactics and compositional ideas in practice and competition which have influence on my performance. I can offer a range of solutions to problems.</p>	<p>I use a range of strategies, tactics and compositional ideas in my own and others’ work based on strengths and weaknesses. I can offer a range of solutions to more challenging problems.</p>	<p>I apply and adapt advanced strategies, tactics and compositional ideas in my own and others’ work. I can offer a range of effective solutions to challenging problems.</p>	<p>I can consistently apply and adapt advanced strategies, tactics or compositional ideas with originality, proficiency and flair in their own and others’ work. I make imaginative and original decisions which positively affect performance.</p>
Leadership and Organisation Leading, officiating and lesson preparation	<p>I work with others to plan, organise and lead effective practices and activities safely.</p> <p>I have basic knowledge and understanding of the rules in a range of sports.</p> <p>I have experienced the role of official, choreographer etc. with some confidence.</p> <p>I can observe and comment on skills, techniques and ideas and how these are applied in my own and others’ work.</p> <p>When suggesting ways to improve I use key words.</p> <p>I regularly bring full PE kit to my lessons.</p>	<p>I work with others to plan, organise and lead effective practices and activities safely.</p> <p>I have basic knowledge and understanding of the rules in a range of sports.</p> <p>I have experienced the role of official, choreographer etc. with confidence.</p> <p>I can observe and comment on skills, techniques and ideas and how these are applied in my own and others’ work.</p> <p>When suggesting ways to improve I use key words.</p> <p>I bring full PE kit to my lessons.</p>	<p>I can plan, organise and lead effective ad relevant practices and activities safely.</p> <p>I have a good knowledge and understanding of the rules in a range of sports.</p> <p>I am confident in the role of official, choreographer etc. in at least one sport.</p> <p>I can analyse and comment on show skills, techniques, ideas and tactics have been used in my own and others’ work.</p> <p>I can suggest appropriate ways to improve using the correct terminology and teaching points.</p> <p>I bring the correct kit to lessons.</p>	<p>I take on different roles within an activity. Showing an ability to organise and communicate effectively.</p> <p>I apply rules fairly and consistently.</p> <p>I can analyse and comment on my own and others’ work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance.</p> <p>I can plan and implement effective ways to improve my own and others’ performance.</p> <p>I bring correct kit to all lessons.</p>	<p>I take on different roles within an activity, showing an ability to organise and communicate effectively.</p> <p>Others improve because of my leadership.</p> <p>I have extensive knowledge and understanding of the rules and apply them fairly and consistently.</p> <p>I can critically evaluate my own and others’ work, showing that I understand how skills, tactics, composition and fitness relate to the quality of the performance.</p> <p>I can plan, implement and monitor highly effective ways to improve my own and others’ performance.</p> <p>I bring correct kit to all lessons.</p>
Health and Fitness Healthy active lifestyle and lifelong participation	<p>I can adapt a warm-up to suit the needs of an activity.</p> <p>I can name and describe some components of fitness, the associated tests and link this to sports performance.</p> <p>I regularly attend an extra-curricular club and participate in out of school sport.</p>	<p>I can adapt a warm-up to suit the needs of an activity.</p> <p>I can name and describe components of fitness, the associated tests and link this to sports performance.</p> <p>I regularly attend extra-curricular clubs and participate in out of school sport.</p>	<p>I can explain how heart rate reacts during different types of activity.</p> <p>I can name ad describe some methods of training and give sporting athletes who may use each method.</p> <p>I demonstrate a commitment to sport both in school and out of school.</p>	<p>I can explain the benefits of regular physical activity on physical, mental and social wellbeing.</p> <p>I can carry out my own physical activity programme.</p> <p>I demonstrate a continued commitment to sport both in school and out of school.</p> <p>I specialise in an activity and compete at club level.</p>	<p>I can analyse fitness results and know how to improve.</p> <p>I consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work.</p> <p>I demonstrate a continued commitment to high quality sport both in school and out of school.</p> <p>I compete to a county, regional or national standard.</p>