



# YEAR 7 PE ASSESSMENT



I can/do.....

<b>INVASION GAMES</b> Eg Football, Rugby, Netball	<b>NET GAMES</b> Eg Tennis, Badminton, Volleyball	<b>STRIKING AND FIELDING</b> Eg Cricket, Rounders, Softball	<b>AESTHETICS</b> Eg Gymnastics, Dance, Trampolineing	<b>GRADE</b>
<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple, teacher lead warm up.</p> <p><b>Demonstrate</b> basic ball skills.</p> <p><b>Carry/move</b> the ball on my own under little pressure.</p> <p><b>Pass</b> the ball accurately to a team mate occasionally.</p> <p><b>Receive</b> the ball from a static position with some success.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple teacher lead warm up.</p> <p><b>Hold</b> the racquet appropriately.</p> <p><b>Get</b> the shuttle/ball into play occasionally.</p> <p><b>Return</b> the shuttle/ball back over the net at least once.</p> <p><b>Keep</b> the shuttle/ball in court.</p> <p><b>Show</b> my knowledge of the basic rules.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple, teacher lead warm up.</p> <p><b>Throw</b> a ball consistently underarm to a static partner over short distances.</p> <p><b>Catch</b> a ball thrown directly at me most of the time</p> <p><b>Hit</b> the ball say 1 out of 3.</p> <p><b>Know</b> how to score runs.</p> <p><b>Know</b> how to get opponents out.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple, teacher lead activity specific warm up.</p> <p><b>Demonstrate</b> basic shapes and hold them with poise, extension and body tension.</p> <p><b>Demonstrate</b> a basic ability to travel on the floor and basic apparatus.</p> <p><b>Demonstrate</b> movement with basic rhythm.</p> <p><b>Link</b> 2 moves together cleanly.</p>	<p>T</p>
<p><b>Follow</b> a whole class warm up and know why we need to.</p> <p><b>Pass</b> the ball to a team mate when on the move.</p> <p><b>Receive</b> the ball whilst on the move.</p> <p><b>Shoot</b> the ball towards the 'goal' with some success.</p> <p><b>Try</b> to get the ball from my opponent, sometimes, with success.</p> <p><b>Understand</b> the main rules of the game being played.</p>	<p><b>Follow</b> a partner lead warm up and take charge of part of it myself.</p> <p><b>Move</b> around the court making sure I can see my opponent all the time.</p> <p><b>Rally</b> cooperatively with a partner.</p> <p><b>Understand</b> the court markings and where I want to put the shuttle.</p>	<p><b>Lead</b> a partner warm up.</p> <p><b>Throw</b> a ball overarm or underarm over a variety of distances.</p> <p><b>Catch</b> a ball consistently from various heights and lengths.</p> <p><b>Bowl</b> a ball with some accuracy.</p> <p><b>Hit</b> the ball more often than not.</p> <p><b>Show</b> I know and can apply basic rules.</p>	<p><b>Follow</b> a partner lead warm up and contribute.</p> <p><b>Demonstrate</b> basic skills of balance, travel and flight.</p> <p><b>Link</b> moves together with control and fluency.</p> <p><b>Show</b> some rhythm when moving with or without music.</p>	<p>C</p>
<p><b>Lead</b> a small group warm up, confidently.</p> <p><b>Show</b> I understand the basic techniques of dribbling, passing, controlling the ball and shooting under some pressure most of the time.</p> <p><b>Show</b> a good knowledge of the basic rules and tactics needed to play the game in both attacking and defending situations.</p>	<p><b>Follow</b> a footwork specific warm up.</p> <p><b>Start</b> a rally effectively and keep it going using different strokes.</p> <p><b>Show</b> at least 2 different strokes and use them appropriately to attack and defend.</p> <p><b>Score</b> a simple game (rally point).</p>	<p><b>Lead</b> a simple warm up in a small group with confidence.</p> <p><b>Throw</b> and catch the ball over a variety of distances and heights.</p> <p><b>Demonstrate</b> active fielding to prevent a score.</p> <p><b>Bowl</b> the ball with more accuracy</p> <p><b>Hit</b> the ball with some direction.</p> <p><b>Understand</b> the rules of the games and apply them appropriately.</p>	<p><b>Demonstrate</b> a simple pairs warm up</p> <p><b>Demonstrate</b> more complex skills in isolation and in simple routines.</p> <p><b>Adapt</b> skills to different apparatus.</p> <p><b>Work</b> both on my own and in with others to produce a flowing routine.</p> <p><b>Refine</b> moves to make them neater and more controlled.</p>	<p>B</p>
<p><b>Lead</b> part or all of a whole class warm up and be able to explain the exercises.</p> <p><b>Pass</b> and receive under pressure most of the time.</p> <p><b>Show</b> I have a good working knowledge of the rules and tactics of the game.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a small group warm up confidently.</p> <p><b>Use</b> a variety of different shots to play against an opponent and win points.</p> <p><b>Move</b> my opponent around the court in order to gain advantage using different weighted shots.</p> <p><b>Help</b> others to perform better.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a simple warm up in a small or large group with confidence.</p> <p><b>Field</b> the ball effectively from a variety of positions on the field.</p> <p><b>Understand</b> the roles of different fielding positions.</p> <p><b>Look</b> to hit the ball using direction and power.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a small or large group warm up.</p> <p><b>Perform</b> more complex skills with control and poise.</p> <p><b>Link</b> moves into sequences with fluidity and body awareness.</p> <p><b>Help</b> others to improve their moves.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p>A</p>

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# YEAR 7 PE ASSESSMENT



I can/do.....

<b>SWIMMING</b> Inc. Lifesaving and Personal Survival	<b>ATHLETICS</b> Inc. Cross Country	<b>HEALTH AND FITNESS</b> Inc. HRE and SAQ	<b>ASSISTING, COACHING AND OFFICIATING</b>	<b>GRADE</b>
<p><b>Need to bring</b> the appropriate kit to every lesson.  <b>Need to involve</b> myself more by participating, coaching or officiating.  <b>Need to listen</b> carefully to instructions</p> <p><b>Show</b> I have knowledge of the dangers of water.  <b>Show</b> I have confidence in the water.  <b>Enter</b> and exit the water safely.  <b>Travel</b> a width of the pool in some way.</p>	<p><b>Need to bring</b> the appropriate kit to every lesson.  <b>Need to involve</b> myself more by participating, coaching or officiating.  <b>Need to listen</b> carefully to instructions and</p> <p><b>Follow</b> a simple all round warm up.  <b>Perform</b> a simple jump within the rules.  <b>Run</b> a sprint race and middle distance race to the best of my ability.  <b>Recognize</b> the starts and finish line.  <b>Perform</b> a simple throw with some success.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.  <b>Show</b> I need to take a more positive attitude towards improving my health and fitness.  <b>Show</b> I want to work on my fitness outside of school.</p> <p><b>Follow</b> a simple warm up for general activity.  <b>Say</b> why we need to warm up in simple terms.  <b>Know</b> why we need to stay fit and healthy simple terms.  <b>Say</b> why we need to do some regular exercise.  <b>Show</b> I know some simple exercises to help my fitness.</p>	<p><b>Need to involve</b> myself more in the lesson by participating, coaching or officiating.  <b>Need to listen</b> to the instructions given by the teacher and follow them through.  <b>Need to volunteer</b> my assistance.</p> <p><b>Take</b> charge of simple equipment and set it out as directed.  <b>Collect</b> in equipment and put it away appropriately.  <b>Organise</b> small teams or groups for closed activities. Eg warm ups.  <b>Understand</b> the health and safety considerations for that activity.  <b>Encourage</b> those less able to keep trying and adapt their activity to help.</p>	<p>T</p>
<p><b>Warm up</b> effectively for water-based activities.  <b>Travel</b> widths of the pool using at least 2 recognised strokes with sound style.  <b>Demonstrate</b> a degree of stamina in a timed swim.  <b>Demonstrate</b> an ability to float for a period of time.</p>	<p><b>Follow</b> an event specific warm up.  <b>Demonstrate</b> knowledge of basic safety in all areas.  <b>Perform</b> in 2 throwing events and show improving distances.  <b>Perform</b> a jump with recognised technique.  <b>Demonstrate</b> knowledge of different paces required for two race lengths eg. 80m and 1000m.  <b>Achieve</b> a bronze certificate.</p>	<p><b>Follow</b> a simple warm up and describe what And why I/we am/are doing to others.  <b>Follow</b> simple fitness testing and understand what the test is asking of me.  <b>Actively</b> encourage others to improve by leading by example.  <b>Demonstrate</b> simple exercises for flexibility, strength, power and stamina.</p>	<p><b>Identify</b> strengths and weaknesses of performers and suggest simple improvements.  <b>Adapt</b> practices to help performers (easier or harder).  <b>Officiate</b> small competitions using simple rules.  <b>Encourage</b> others to participate with determination even when the task seems difficult.  <b>Officiate</b> independently but with guidance from the teacher.</p>	<p>C</p>
<p><b>Warm up</b> appropriately for water based activities.  <b>Demonstrate</b> some sound technique in at least 3 different strokes including backstroke.  <b>Demonstrate</b> a safe effective start and finish to my strokes.  <b>Swim</b> several lengths of the pool without stopping.  <b>Use</b> equipment safely and effectively.</p>	<p><b>Perform</b> an event specific warm up and contribute ideas.  <b>Demonstrate</b> excellent knowledge of equipment and safety.  <b>Show</b> I can compete in several different field events with strength, technique and improvement.  <b>Show</b> I can run efficiently over several distances and know how to pace myself.  <b>Achieve</b> a Silver certificate.</p>	<p><b>Lead</b> a warm up and describe what I am doing with knowledge.  <b>Attempt</b> all exercises knowing that I will benefit from them in one way or another.  <b>Demonstrate</b> simple exercises for flexibility, strength, power and stamina.  <b>Improve</b> my fitness through repetition of exercises using determination.</p>	<p><b>Pick out</b> high level performances and use as examples to others.  <b>Think</b> of ways to solve some problems /issues.  <b>Officiate</b> clearly and confidently.</p>	<p>B</p>
<p><b>Demonstrate</b> excellent stamina during a timed swim.  <b>Demonstrate</b> excellent technique across a range of strokes and water skills.  <b>Demonstrate</b> knowledge of how to improve my performance.    <b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Compete</b> consistently to a good level across a range of events.  <b>Measure</b> times and distances accurately and record them for myself and others.  <b>Compete</b> within the rules and restrictions of competition.  <b>Assess</b> others and help them improve.  <b>Achieve</b> a Gold certificate.    <b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> by example to improve my own fitness and health.  <b>Encourage</b> others to participate in a positive way to achieve and exceed their targets.  <b>Offer</b> ideas to others to help improve their fitness.    <b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a small group warm up and simple skills practice that demonstrates my knowledge of the activity using the STEP principle  <b>With others</b>, plan, organise and run a simple competition or coaching session.</p>	<p>A</p>

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# YEAR 8 PE ASSESSMENT



I can/do.....

<b>INVASION GAMES</b> Eg Football, Rugby, Netball	<b>NET GAMES</b> Eg Tennis, Badminton, Volleyball	<b>STRIKING AND FIELDING</b> Eg Cricket, Rounders, Softball	<b>AESTHETICS</b> Eg Gymnastics, Dance, Trampolining	<b>GRADE</b>
<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple, activity specific warm up.</p> <p><b>Demonstrate</b> basic ball skills.</p> <p><b>Carry</b>/move the ball on my own using appropriate techniques.</p> <p><b>Pass</b> the ball accurately to a team mate occasionally.</p> <p><b>Receive</b> the ball effectively without pressure.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple activity specific warm up.</p> <p><b>Serve</b> correctly to start a game.</p> <p><b>Return</b> the shuttle/ball back over the net more than once.</p> <p><b>Keep</b> the shuttle/ball in court.</p> <p><b>Umpire</b> a simple match.</p> <p><b>Show</b> my knowledge of the basic rules.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple activity specific warm up.</p> <p><b>Throw</b> a ball consistently underarm to a partner over short distances.</p> <p><b>Catch</b> a ball thrown directly at me most of the time</p> <p><b>Hit</b> the ball say 1 out of 3.</p> <p><b>Know</b> how to score runs.</p> <p><b>Know</b> how to get opponents out.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.</p> <p><b>Need to involve</b> myself more in the lesson by participating or helping.</p> <p><b>Need to listen</b> to instructions and follow them carefully.</p> <p><b>Follow</b> a simple, activity specific warm up.</p> <p><b>Demonstrate</b> basic poise, extension and body tension.</p> <p><b>Show</b> I can perform basic shapes.</p> <p><b>Show</b> simple routines.</p>	<b>T</b>
<p><b>Lead</b> a small group warm up.</p> <p><b>Take</b> the ball past a passive opponent.</p> <p><b>Pass</b> the ball to a team mate when asked.</p> <p><b>Tell</b> when to take the ball myself or pass it.</p> <p><b>Take</b> the ball from an opponent sometime</p> <p><b>Understand</b> the main rules of the game being played</p>	<p><b>Lead</b> a partner warm up.</p> <p><b>Demonstrate</b> how to hold the racket effectively.</p> <p><b>Move</b> around the court making sure I can see my opponent all the time.</p> <p><b>Rally</b> cooperatively with a partner.</p> <p><b>Understand</b> the court markings and where I want to put the shuttle.</p>	<p><b>Lead</b> a partner warm up.</p> <p><b>Throw</b> a ball overarm or underarm consistently on target.</p> <p><b>Catch</b> a ball consistently from various heights and lengths.</p> <p><b>Bowl</b> a ball with some accuracy.</p> <p><b>Hit</b> the ball using some power.</p> <p><b>Show</b> how to field the ball effectively to prevent runs or to get runners out.</p> <p><b>Know</b> and apply basic rules.</p>	<p><b>Demonstrate</b> a simple pairs warm up.</p> <p><b>Demonstrate</b> basic skills of balance, travel and flight.</p> <p><b>Link</b> 2 moves together with control.</p> <p><b>Show</b> rhythm with or without music.</p>	<b>C</b>
<p><b>Demonstrate</b> knowledge of attacking and defending principles in active situations.</p> <p><b>Show</b> I know the main positions on the pitch or court and explain their roles and boundaries.</p> <p><b>Show</b> I can travel with the ball, pass, gain the ball and utilise my team effectively.</p> <p><b>Evaluate</b> my team's performance and help them improve.</p> <p><b>Officiate</b> a small match correctly and fairly, demonstrating increased knowledge of rules.</p>	<p><b>Follow</b> a footwork specific warm up.</p> <p><b>Start</b> a rally effectively and keep it going using different strokes.</p> <p><b>Show</b> at least 2/3 different strokes and use the appropriately to attack and defend.</p> <p><b>Score</b> a simple game.</p>	<p><b>Field</b> the ball effectively to prevent a score.</p> <p><b>Demonstrate</b> I can hit the ball with some accuracy.</p> <p><b>Bowl</b> with increasing accuracy and Consistency.</p> <p><b>Umpire</b> a game correctly showing knowledge of rules.</p> <p><b>Help</b> team-mates to improve.</p> <p><b>Plan</b> a fielding/batting practice to help others develop.</p>	<p><b>Lead</b> a small group warm up.</p> <p><b>Demonstrate</b> more complex skills in simple routines.</p> <p><b>Consistently</b> repeat moves.</p> <p><b>Adapt</b> skills to different apparatus.</p> <p><b>Work</b> in a group to produce co-ordinated routines.</p> <p><b>Refine</b> moves to make them neater and more controlled.</p>	<b>B</b>
<p><b>Lead</b> a whole class warm up confidently</p> <p><b>Pass</b> and receive the ball under pressure most of the time.</p> <p><b>Read</b> the game to ensure I am always in the right place.</p> <p><b>Assess</b> mine and my team's performance to work out improvements.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a simple, appropriate warm up.</p> <p><b>Use</b> a variety of different shots to play against an opponent.</p> <p><b>Move</b> my opponent around the court in order to gain advantage.</p> <p><b>Assist</b> others to improve using my skills and knowledge of the game.</p> <p><b>Say</b> I am County standard or above in my sport.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a simple warm up in a small or large group.</p> <p><b>Field</b> the ball effectively from a variety of positions.</p> <p><b>Understand</b> the roles of different fielding positions.</p> <p><b>Look</b> to hit the ball using direction and power.</p> <p><b>Bowl</b> with intent.</p> <p><b>Coach</b> others to perform better.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a warm up.</p> <p><b>Perform</b> more complex skills with control and poise.</p> <p><b>Link</b> moves into sequences with fluidity and body awareness.</p> <p><b>Help</b> others to improve their moves.</p> <p><b>Say</b> that I am at an excellent level in my sports national awards.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<b>A</b>

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# YEAR 8 PE ASSESSMENT



I can/do.....

<b>SWIMMING</b> Inc. Lifesaving and Personal Survival	<b>ATHLETICS</b> Inc. Cross Country	<b>HEALTH AND FITNESS</b> Inc. HRE and SAQ	<b>ASSISTING, COACHING AND OFFICIATING</b>	<b>GRADE</b>
<p><b>Need to bring</b> the appropriate kit to every lesson.  <b>Need to involve</b> myself more by participating, coaching or officiating.  <b>Need to listen</b> carefully to instructions</p> <p><b>Show</b> I have knowledge of the dangers of water.  <b>Show</b> I have confidence in the water.  <b>Enter</b> and exit the water safely.  <b>Travel</b> a width of the pool confidently.</p>	<p><b>Need to bring</b> the appropriate kit to every lesson.  <b>Need to involve</b> myself more by participating, coaching or officiating.  <b>Need to listen</b> carefully to instructions and</p> <p><b>Follow</b> a simple all round warm up.  <b>Perform</b> a simple jump within the rules.  <b>Run</b> a sprint race and middle distance race to the best of my ability.  <b>Recognize</b> the starts and finish line.  <b>Perform</b> a simple throw with some success.</p>	<p><b>Need to bring</b> appropriate kit to every lesson.  <b>Need to take</b> a more positive attitude towards improving my health and fitness.  <b>Need to work</b> on my fitness outside of school.</p> <p><b>Warm up</b> effectively for the activity.  <b>Know</b> why we need to stay fit and healthy simple terms.  <b>Know</b> what happens to us when we exercise.  <b>Show</b> I know some simple exercises to help my fitness.</p>	<p><b>Need to involve</b> myself more in the lesson by participating, coaching or officiating.  <b>Need to listen</b> to the instructions given by the teacher and follow them through.  <b>Need to volunteer</b> my assistance</p> <p><b>Take</b> charge of simple equipment and set it out as directed.  <b>Collect</b> in equipment and put it away appropriately.  <b>Organise</b> small teams or groups for closed activities. Eg warm ups.  <b>Understand</b> the health and safety considerations for that activity.  <b>Encourage</b> those less able to keep trying and adapt their activity to help.</p>	<b>T</b>
<p><b>Warm up</b> effectively for water-based activities.  <b>Travel</b> widths of the pool using at least 2 recognised strokes with sound style.  <b>Demonstrate</b> a degree of stamina in a timed swim.  <b>Demonstrate</b> a surface dive.  <b>Demonstrate</b> an ability to float.</p>	<p><b>Follow</b> a more complex warm up for both track and field events.  <b>Perform</b> in 2 throwing events and show improving distances.  <b>Perform</b> a jump with recognised technique.  <b>Demonstrate</b> knowledge of different paces required for two race lengths eg. 100m and 800m.  <b>Achieve</b> a Bronze certificate</p>	<p><b>Warm up</b> appropriately  <b>Show</b> I know what cardiovascular means and what activities involve and improve this system.  <b>Actively</b> encourage others to improve by leading by example.  <b>Demonstrate</b> simple exercises for flexibility, strength, power and stamina.</p>	<p><b>Identify</b> strengths and weaknesses of performers and suggest simple improvements.  <b>Adapt</b> practices to fit ability.  <b>Officiate</b> small competitions using simple rules.  <b>Plan</b>, organise and carry out basic practices in a safe manner.  <b>Encourage</b> others to participate with determination even when the task seems difficult.  <b>Officiate</b> independently but with guidance from the teacher.</p>	<b>C</b>
<p><b>Warm up</b> appropriately for water based activities.  <b>Demonstrate</b> some sound technique in at least 3 different strokes including backstroke.  <b>Demonstrate</b> efficient and safe starts and finishes in competitive situations.  <b>Swim</b> several lengths of the pool without stopping.  <b>Demonstrate</b> basic survival techniques.</p>	<p><b>Devise</b> my own athletic warm up appropriate to the activity I am doing.  <b>Demonstrate</b> excellent knowledge of equipment and safety.  <b>Show</b> I can compete in several different field events with strength, technique and improvement.  <b>Show</b> I can run efficiently over several distances and know how to pace myself.  <b>Demonstrate</b> I can stick to the task.  <b>Achieve</b> a Silver certificate.</p>	<p><b>Warm up</b> effectively  <b>Attempt</b> all exercises knowing that I will benefit from them in one way or another.  <b>Test</b> my own fitness using simple techniques offered by my teacher/coach.  <b>Improve</b> my fitness through repetition of exercises using determination.</p>	<p><b>Use</b> imaginative ways to solve problems.  <b>Pick out</b> excellent performances and use as examples to help others  <b>Help</b> groups to evaluate themselves  <b>Officiate</b> using more complex rules.</p>	<b>B</b>
<p><b>Demonstrate</b> excellent stamina during timed swim.  <b>Demonstrate</b> excellent technique across a range of strokes and water skills.  <b>Demonstrate</b> knowledge of how to improve my performance.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Compete</b> consistently to a good level across a range of events.  <b>Measure</b> times and distances accurately and record them for myself and others.  <b>Compete</b> within the rules and restrictions of competition.  <b>Achieve</b> a Gold certificate.  <b>Assess</b> others and help them improve.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> by example to improve my own fitness and health.  <b>Encourage</b> others to participate in a positive way to achieve their targets.  <b>Offer</b> ideas to others to help improve their fitness.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Lead</b> a whole group warm up and simple skills practice that demonstrates my knowledge of the activity including safety, equipment, people and time constraints.  <b>Plan</b> and host a competition for my peers.  <b>Plan, organise and host</b> a simple coaching session showing performer progress.</p>	<b>A</b>

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# YEAR 9 PE ASSESSMENT



I can/do.....

<b>INVASION GAMES</b> Eg Football, Rugby, Netball	<b>NET GAMES</b> Eg Tennis, Badminton, Volleyball	<b>STRIKING AND FIELDING</b> Eg Cricket, Rounders, Softball	<b>AESTHETICS</b> Eg Gymnastics, Dance, Trampolineing	<b>GRADE</b>
<p><b>Need</b> to bring appropriate kit to every lesson.  <b>Involve</b> myself more in the lesson by participating or helping.  <b>Listen</b> to instructions and follow them carefully.</p> <p><b>Warm up</b> appropriately.  <b>Demonstrate</b> basic ball skills.  <b>Carry</b>/move the ball on my own.  <b>Pass</b> the ball accurately.  <b>Receive</b> the ball effectively.</p>	<p><b>Need</b> to bring appropriate kit to every lesson.  <b>Involve</b> myself more in the lesson by participating or helping.  <b>Listen</b> to instructions and follow them carefully.</p> <p><b>Warm up</b> appropriately.  <b>Play</b> at least 2 named shots and use them in a game.  <b>Score</b> a simple game in a known court.</p>	<p><b>Need</b> to bring appropriate kit to every lesson.  <b>Involve</b> myself more in the lesson by participating or helping.  <b>Listen</b> to instructions and follow them carefully.</p> <p><b>Warm up</b> appropriately.  <b>Throw</b> a ball consistently and accurately over a variety of distances.  <b>Hit</b> the ball say 1 out of 3.  <b>Know</b> how to score runs.  <b>Know</b> how to get opponents out.</p>	<p><b>Need</b> to bring appropriate kit to every lesson.  <b>Involve</b> myself more in the lesson by participating or helping.  <b>Listen</b> to instructions and follow them carefully.</p> <p><b>Warm up</b> effectively.  <b>Demonstrate</b> basic skills                      Eg balance, flight, travel.  <b>Link</b> basic skills in a simple routine.  <b>Show</b> some rhythm to my moves.</p>	<b>T</b>
<p><b>Take</b> the ball past an opponent.  <b>Pass</b> the ball on the move.  <b>Tell</b> when to take the ball myself or pass it.  <b>Take</b> the ball from an opponent within the rules.  <b>Demonstrate</b> attacking skills with control under pressure.  <b>Understand</b> how to stop my opponent                      From scoring or keeping possession.  <b>Understand</b> the main rules of the game being played.</p>	<p><b>Play</b> 3 recognised shots to a good level.  <b>Serve</b> correctly to start a game.  <b>Umpire</b> a simple match.  <b>Demonstrate</b> a selection of shots and know when to use them effectively.  <b>Show</b> my knowledge of the basic rules.</p>	<p><b>Throw</b> a ball overarm or underarm consistently on target.  <b>Catch</b> a ball consistently from various heights and lengths.  <b>Bowl</b> a ball accurately.  <b>Hit</b> the ball using some power.  <b>Show</b> I know the fielding positions and their roles.  <b>Show</b> how to field the ball effectively to prevent runs or to get runners out.  <b>Know</b> and apply basic rules.</p>	<p><b>Demonstrate</b> more complex skills in simple routines.  <b>Consistently</b> repeat moves.  <b>Adapt</b> sequences to suit apparatus and group.  <b>Show</b> good rhythm with and without music.  <b>Complete</b> sequences using a variety of movements with control and coordination.  <b>Show</b> neatness of movement and flow to my routines.</p>	<b>C</b>
<p><b>Demonstrate</b> more advanced skills in attack and defence.  <b>Show</b> I know the main positions on the pitch or court and explain their roles and boundaries.  <b>Show</b> I can play in at least 2 different positions with skill and knowledge.  <b>Evaluate</b> my team's performance and help them improve.  <b>Officiate</b> and small match correctly and fairly.</p>	<p><b>Perform</b> a range of shots consistently to a good standard.  <b>Use</b> tactics to beat my opponent.  <b>Umpire</b> a match without too much help.  <b>Demonstrate</b> a wider range of shots to a good level to beat my opponent.  <b>Use</b> a range of attacking and defending tactics effectively in matches both in singles and doubles.  <b>Demonstrate</b> and use a sound understanding of the rules to officiate matches.</p>	<p><b>Field</b> the ball effectively to prevent a score.  <b>Demonstrate</b> various batting techniques to change pace and direction.  <b>Umpire</b> a game correctly showing knowledge of rules.  <b>Help</b> team-mates to improve.  <b>Demonstrate</b> tactical fielding.  <b>Demonstrate</b> consistent, effective batting.  <b>Bowl</b> with higher accuracy  <b>Plan</b> a fielding/batting practice to help others develop.</p>	<p><b>Move</b> in a controlled, coordinated and versatile way both on my own and in groups.  <b>Demonstrate</b> good body awareness in a variety of positions.  <b>Help</b> create ideas for sequences using music and/or apparatus.  <b>Perform</b> more complex sequences.  <b>Display</b> good timing, flow, grace and body tension.</p>	<b>B</b>
<p><b>Pass</b> and receive in a variety of advanced game situations.  <b>Read</b> the game to ensure I am always in the right place.  <b>Coach</b> others to advance their skills and improve team effectiveness.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Assist</b> others to improve using my skills and knowledge of the game.  <b>Recognise</b> my opponents strengths and weaknesses and play to them to win.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Perform</b> both in field and bat effectively in match situations including bowling.  <b>Plan</b> and adapt tactics to help my team.  <b>Coach</b> a team to some success.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Judge</b> others performances with a balanced and informed skill knowledge.  <b>Perform</b> precise, complex actions, sequences and dances.  <b>Display</b> excellent body awareness in all actions.  <b>Perform</b> movements showing a high level of body tension, strength, suppleness.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<b>A</b>

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# YEAR 9 PE ASSESSMENT



I can/do.....

<b>SWIMMING</b> Inc. Lifesaving and Personal Survival	<b>ATHLETICS</b> Inc. Cross Country	<b>HEALTH AND FITNESS</b> Inc. HRE and SAQ	<b>ASSISTING, COACHING AND OFFICIATING</b>	<b>GRADE</b>
<p><b>Need</b> to bring the appropriate kit to every lesson.  <b>Involve</b> myself more by participating, coaching or officiating.  <b>Listen</b> carefully to instructions and follow them.</p> <p><b>Show</b> I have knowledge of the dangers of water.  <b>Show</b> I have confidence in the water.  <b>Enter</b> and exit the water safely.  <b>Swim</b> a width confidently.</p>	<p><b>Need</b> to bring the appropriate kit to every lesson.  <b>Involve</b> myself more by participating, coaching or officiating.  <b>Listen</b> carefully to instructions and follow them.</p> <p><b>Warm up</b> for each event.  <b>Perform</b> a simple jump and throw.  <b>Run</b> a sprint race and middle distance race to the best of my ability.  <b>Recognize</b> the starts and finish line.</p>	<p><b>Need</b> to bring appropriate kit to every lesson.  <b>Take</b> a more positive attitude towards improving my health and fitness.  <b>Work</b> on my fitness outside of school.</p> <p><b>Warm up</b> effectively.  <b>Know</b> how the body works when we exercise.  <b>Show</b> I know what activities will help me live a healthy, active lifestyle.  <b>Lead</b> by example to improve my all round fitness.  <b>Actively</b> encourage others to push themselves to improve their fitness.  <b>Help</b> record and measure both my own and others fitness.</p>	<p><b>Need to involve</b> myself more in the lesson by participating, coaching or officiating.  <b>Listen</b> to the instructions given by the teacher and follow them through.  <b>Volunteer</b> my assistance.</p> <p><b>Take</b> charge of simple equipment and set it out as directed.  <b>Collect</b> in equipment and put it away appropriately.  <b>Volunteer</b> to help and assist a small group practice.  <b>Organise</b> small teams or groups for closed activities. Eg warm ups.  <b>Understand</b> the health and safety considerations for that activity.  <b>Encourage</b> those less able to keep trying and adapt their activity to help.</p>	<p>T</p>
<p><b>Swim</b> a length of the pool using at least 2 recognised strokes with sound style.  <b>Demonstrate</b> a degree of stamina in a timed swim.  <b>Demonstrate</b> a surface dive.  <b>Demonstrate</b> basic survival techniques.  <b>Evaluate</b> mine and others performances and try to improve them.</p>	<p><b>Demonstrate</b> a good all round understanding of the field events.  <b>Perform</b> in 2 throwing events and measure my efforts.  <b>Perform</b> a jump with recognized technique.  <b>Understand</b> the different paces needed for 2 different runs.  <b>Time</b> races correctly.  <b>Say</b> that my fitness is good enough to finish events.  <b>Achieve</b> a Bronze certificate.</p>	<p><b>Explain</b> the function of the heart and lungs.  <b>Show</b> I know how to improve the efficiency of my cardiovascular system through exercise.  <b>Show</b> I understand the difference between aerobic and anaerobic workloads and how I can develop each through appropriate activities.</p>	<p><b>Identify</b> strengths and weaknesses of performers and suggest simple improvements.  <b>Adapt</b> practices to fit ability.  <b>Officiate</b> small competitions using simple rules.  <b>Plan</b>, organise and carry out basic practices in a safe manner.  <b>Encourage</b> others to participate with determination even when the task seems difficult.  <b>Officiate</b> independently but with guidance from the teacher.</p>	<p>C</p>
<p><b>Break</b> down the components of strokes (eg arms, legs) and use methods to improve them before using in whole stroke.  <b>Start</b> to use poolside rescue techniques.  <b>Swim</b> a number of lengths using a variety of strokes of good technique.  <b>Perform</b> legal starts, turns and finishes for each stroke.  <b>Perform</b> more complex rescues both out and in the water.</p>	<p><b>Show</b> I understand the rules and restrictions for each event.  <b>Demonstrate</b> a good knowledge of safety.  <b>Assist</b> other to improve using my knowledge.  <b>Compete</b> consistently to a good level across a range of events.  <b>Measure</b> and time accurately both my own and others efforts.  <b>Achieve</b> a Silver certificate.</p>	<p><b>Test</b> my own and other people's fitness using specific tests and know how to improve on these results through specific exercises.  <b>Understand</b> the FITT principle.  <b>Demonstrate</b> a knowledge of different types of training Eg strength, flexibility, cardiovascular, and show different exercises to improve each.</p>	<p><b>Use</b> imaginative ways to solve problems.  <b>Use</b> past experience to plan effective new activities in order to improve.  <b>Organise</b> simple competitions for groups to participate in.  <b>Apply</b> more advance strategies and change them to suit the situation.  <b>Comment</b> on individual performances and suggest improvements.  <b>Create</b> group opportunities for evaluating and improving.</p>	<p>B</p>
<p><b>Show</b> I am a proficient Club standard swimmer.  <b>Recognise</b> and help weaker swimmers.  <b>Demonstrate</b> a competent level of survival and rescue skills.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Consistently</b> achieve good results in line with recommended guidelines and measures.  <b>Achieve</b> a Gold certificate.  <b>Officiate</b> at a competition.</p> <p><b>*Say</b> I have skills and qualities consistent with representative level performance.</p>	<p><b>Show</b> I know the Principles of Training and devise and follow a training programme in relation to a sport of my choice.  <b>Assist</b> others in developing their own fitness through various activities</p>	<p><b>Develop</b> appropriate training methods to help improve performance.  <b>Consistently</b> apply principles of strategy, tactics and composition with flair and proficiency.  <b>Officiate</b> a higher level competition with authority and confidence.  <b>Plan</b>, organise and host a coaching session to a high standard showing progression and improvement from the performers.</p>	<p>A</p>

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