



UVHS KS3 Physical Education Assessment



Emerging

Creating a love for Physical Education

Rules, Strategies and Tactics – Thinking

- **Analysis** - I can offer some feedback to recognise strengths and areas in need of future development.
- **Creativity** - I am beginning to understand how to make decisions in many team and individual activities successfully.
- **Knowledge** - I can recall some of the benefits of leading a healthy active lifestyle.
- **Leadership** - I am beginning to show an ability to lead limited elements of warmups and cool downs to a partner in one activity.
- **Tactics** - beginning to adapt strategy in some activities to outwit opponents.

Motor Competence - Doing

- **Competitive** - My technique is inconsistent when faced with competitive situations.
- **Fitness** - I can sustain a satisfactory level of physical fitness for short periods of time but find it difficult to perform consistently in endurance-based activities.
- **Movement** - I am starting to perform a range of running, jumping and throwing skills with control, accuracy, power and sound technique.
- **Skill Development** - Some skills are starting to be applied with fluency, control, and confidence.
- **Technique** - I demonstrate some skills with elements of appropriate technique, although this is inconsistent across a broader range of activities.

Developing

Broadening sporting experiences

Rules, Strategies and Tactics – Thinking

- **Analysis** - I can use simple terminology to describe my own and other performances in team and individual activities. I can identify some accurate strengths and areas in need of future development for a partner's performance.
- **Creativity** - I can identify and apply decisions in some team and individual activities successfully, although this can be inconsistent across activities.
- **Knowledge** - I can identify the basic benefits of leading a healthy active lifestyle.
- **Leadership** - I am able to take limited responsibility to lead some elements of a session to a partner/small group in a few activities.
- **Tactics** - applied appropriately to many activities to outwit opponents.

Motor Competence - Doing

- **Competitive** - My technique is mostly maintained throughout many activities when faced with competitive situations.
- **Fitness** - I demonstrate good levels of physical fitness in many curricular activities and endurance-based activities.
- **Movement** - I often perform a range of running, jumping and throwing skills with control, accuracy, power and sound technique.
- **Skill Development** - I am able to acquire and produce basic skills well to a wide range of both team and individual activities.
- **Technique** - I sometimes struggle to maintain the appropriate techniques in isolated and progressive drills.

Securing

Developing skills and embedding knowledge

Rules, Strategies and Tactics – Thinking

- **Analysis** - I can use a sound level of terminology to precisely analyse both my own and other performances in team and individual activities. Providing appropriate feedback to identify strengths and areas in need of future development.
- **Creativity** - I can make accurate decisions in some team and individual activities, although this can deteriorate in some competitive team activities.
- **Knowledge** - I have a sound knowledge and understanding of the benefits of leading a healthy active lifestyle and its implications on anatomy and physiological principles.
- **Leadership** - I have a sound ability to lead elements of an activity to a small group.
- **Tactics** - are applied successfully across activities to outwit opponents.

Motor Competence - Doing

- **Competitive** - My technique is maintained throughout many activities when faced with more advanced competitive situations.
- **Fitness** - I demonstrate high levels of physical fitness over a broad range of activities.
- **Movement** - I consistently perform a range of running, jumping and throwing skills with control, accuracy, power and sound technique.
- **Skill Development** – My skills are almost always applied with fluency, control, and confidence.
- **Technique** - I demonstrate a good level of skill technique within isolated and progressive drills.