

## Year 7 Assessment

	Motor competence and movement skills. Health and well being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	Demonstrates a very good level of motor skills. These skills are consistently very good. Demonstrates very good knowledge of healthy living and understands the importance of wellbeing.	Demonstrates a very good level of skill, techniques and decision making, with control, precision and accuracy. Perform with very good consistency in passive practices and with good competence during competitive situations/performances.	Can identify strengths and weaknesses of a performance of a peer and themselves and implement suggestions on how to improve. Understands the rules of the game and can umpire/referee competitive situations. Can identify and implement a range of strategies and evaluate their effectiveness to strengthen performance in competitive situations.
Exceeding	Demonstrates a good level of motor skills. These skills are consistently good. Demonstrates good knowledge of healthy living and understands the importance of wellbeing.	Demonstrates a good level of skill, techniques and decision making, with control and accuracy. Perform with good consistency in passive practices and with good competence during competitive situations/performances	Can analyse strengths and weaknesses of a performance of a peer and themselves and make suggestions how to improve. Understands the rules of the game. Can identify and implement a range of strategies and/or tactic to strengthen performance in competitive situations.
Achieving	Demonstrates a competent level of motor skills. These skills are performed consistently. Demonstrates a competent knowledge of healthy living and some understanding of the importance of wellbeing.	Demonstrates a competent level of skill, techniques and decision making, with control and accuracy. Perform with consistency in passive practices and with increasing competence during competitive situations/performances	Can identify strengths and weaknesses of a performance of a peer and themselves. Understands the rules of the game. Can identify and implement a strategy and/or tactic to strengthen performance in competitive situations.
Developing	Demonstrates a basic level of motor skills. These skills are developing and becoming more consistent. Demonstrates some knowledge of healthy living and improving understanding of the importance of wellbeing.	Demonstrates most skills, techniques and decision making, with some control and accuracy. Perform with consistency in passive practices and with success during competitive situations/performances	Can identify strengths and weaknesses of a performance of a peer. Demonstrates an understanding of most rules. Can employ a tactic they are given with some success during passive practices and during competitive situations/performances.

Emerging	Demonstrates some level of motor skills. These skills are improving. Demonstrates some knowledge of healthy living and understands the basics of wellbeing.	Demonstrates some skills, techniques and decision making, with improving control and accuracy. Perform with consistency in passive practices and with some success during competitive situations/performances	Can identify strengths and weaknesses of a performance of a peer. Demonstrates some understanding of basic rules. Can employ a tactic they are given with some success during passive practices.
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## Year 8 Assessment

	Motor competence and movement skills. Health and wellbeing - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	Demonstrates a very good level of motor skills with the developing ability to move into space. These skills are consistently very good. Demonstrates very good knowledge of healthy living and understands the importance of wellbeing, including what emotional and social wellbeing is.	Demonstrates a very good level of skill, techniques and decision making, with increased control, precision and accuracy. Perform with very good consistency in passive practices and with good competence during competitive situations/performances	Can effectively analyse strengths and weaknesses of their own performance in a competitive situation. Understands the rules of the game and can explain to others. Able to officiate competitive situations. Can implement various strategies and tactics to strengthen performance in a competitive situation. Can analyse the effectiveness of tactics and strategies adopted. Able to accept and respond to feedback and use feedback to improve performance. Can provide constructive feedback to others to improve their performance.
Exceeding	Demonstrates a good level of motor skills with the developing ability to move into space. These skills are consistently good. Demonstrates good knowledge of healthy living and understands the importance of wellbeing, including what emotional and social wellbeing is.	Demonstrates a good level of skill, techniques and decision making, with increased control and accuracy. Perform with good consistency in passive practices and with good competence during competitive situations/performances	Can effectively analyse strengths and weaknesses of their own performance in a competitive situation. Understands the rules of the game and can explain to others. Can implement various strategies and tactics to strengthen performance in a competitive situation. Able to accept and respond to feedback and use feedback to improve performance.
Achieving	Demonstrates a competent level of motor skills with the developing ability to move into space. These skills are becoming consistent.	Demonstrates a competent level of skill, techniques and decision making, with increased control and accuracy. Perform with greater consistency in passive practices and with increasing competence during competitive situations/performances	Can analyse strengths and weaknesses of their own performance in a competitive situation. Understands the rules of the game and can explain to others.

	Demonstrates competent knowledge of healthy living and some understanding of the importance of wellbeing, including what emotional and social wellbeing is.		Can identify various strategies and tactics and can implement to strengthen performance in a competitive situation. Able to accept and respond to feedback.
Developing	Demonstrates a basic level of motor skills with the developing ability to move into space. These skills are improving in passive practices. Demonstrates basic knowledge of healthy living and some understanding of the importance of wellbeing, including what emotional and social wellbeing is.	Demonstrates most skills, techniques and decision making, with increased control and accuracy. Perform with greater consistency in passive practices and with success during competitive situations/performances	Can identify strengths and weaknesses of a performance of a peer and themselves. Understands the rules of the game and can explain to others. Can identify and implement a strategy and/or tactic to strengthen performance in a competitive situation.
Emerging	Demonstrates some level of motor skills with the ability to move into space. These skills are basic but developing in passive practices. Demonstrates some knowledge of healthy living and some understanding of the importance of wellbeing, including what emotional and social wellbeing is.	Demonstrates some skills, techniques and decision making, with increased control and accuracy. Perform with greater consistency in passive practices and with some success during competitive situations/performances situations.	Can identify strengths and weaknesses of a performance of a peer and themselves. Demonstrates an understanding of basic rules. Can employ a tactic they are given with some success during passive practices and during competitive situations/performances.

## Year 9 Assessment

	Motor competence and movement skills. Health and well being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	Demonstrates a very good level of motor and movement skills. These skills are refined and consistently very good. Demonstrates very good knowledge of healthy living and understands the importance of wellbeing including positive emotional and social skills.	Demonstrates a full range of skills, techniques and decision making, with very good control, precision and accuracy. Perform with very good consistency in passive practices and with constant effectiveness during competitive situations/performances	Effectively analyses strengths and weaknesses of their own performance in a competitive situation. Consistently implements the rules of the game and are able to officiate competitive situations. Consistently implements a broad variety of strategies and tactics to strengthen performance in a competitive situation. Can analyse the effectiveness of tactics and strategies adopted. Consistently able to accept and respond to feedback and use feedback to improve performance. Consistently provides constructive feedback to others to improve their performance.
Exceeding	Demonstrates a good level of motor and movement skills. These skills are refined and consistently good. Demonstrates good knowledge of healthy living and understands the importance of wellbeing including positive emotional and social skills.	Demonstrates a wide range of skill, techniques and decision making, with good control, precision and accuracy. Perform with good consistency in passive practices and with competence during competitive situations/performances	Good analysis of strengths and weaknesses of their own performance in a competitive situation. Good understanding the rules of the game and is able to demonstrate fair play. Good identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Good acceptance and responds to feedback. Provides good constructive feedback to others to improve their performance.
Achieving	Demonstrates a sound level of motor and movement skills. These skills are refined and	Demonstrates a range of skills, techniques and decision making, with a higher level of control and accuracy.	Higher level of analysis of strengths and weaknesses of their own performance in a competitive situation.

	consistent in passive practices. Demonstrates a sound knowledge of healthy living and a sound understanding of the importance of wellbeing including what positive emotional and social skills are.	Perform with good consistency in passive practices and with increasing competence during competitive situations/performances	Increased understanding the rules of the game and is able to consistently demonstrate fair play. Good identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Increased acceptance and responds to feedback. Regularly provides good constructive feedback to others to improve their performance.
Developing	Demonstrates a range of motor and movement skills. These skills are consistent in passive practices. Demonstrates a basic knowledge of healthy living and a sound understanding of the importance of wellbeing including what positive emotional and social skills are.	Demonstrates a range of skills, techniques and decision making, with increased control and accuracy. Perform with good consistency in passive practices and with success during competitive situations/performances	Increased ability to analyse strengths and weaknesses of their own performance in a competitive situation. Understands the rules of the game and is able to demonstrate fair play. Increased ability to identify various strategies and tactics and can implement to strengthen performance in a competitive situation. Able to accept and respond to feedback.
Emerging	Demonstrates a basic level of motor and movement skills. These skills are sometimes consistent in passive practices. Demonstrates a basic knowledge of healthy living and some understanding of the importance of wellbeing.	Demonstrates some skills, techniques and decision making, with increased control and accuracy. Perform with better consistency in passive practices and with greater success during competitive situations/performances	Can identify strengths and weaknesses of a performance of a peer and themselves. Understands the rules of the game and can explain to others. Can identify and implement a strategy and/or tactic to strengthen performance in a competitive situation.

## Year 10 Assessment

	Motor competence and movement skills. Health and well being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	Clear demonstration of a very good level of motor and movement skills in competitive situations. These skills are advanced and refined with are consistently very good. Demonstrates outstanding knowledge of healthy living and understands the importance of wellbeing including positive emotional and social skills. They actively lead a healthy lifestyle.	Clear demonstration of a very good level of core and a good level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with very good accuracy/success. Advanced skills are used frequently, often and successfully. Maintains very good levels of technical competence at high levels of competition in a fully competitive situation, or in a high level performance context.	Clear demonstration of exceptionally detailed analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed outstandingly with improvements implemented. Exceptional understanding of the rules of the game and is able to demonstrate good officiating and coaching skills. Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Strategies are implemented consistently and are analysed effectively to evaluate performance. Effective response to teacher and peer feedback. Consistently provides effective constructive feedback to others to improve their performance.
Exceeding	Clear demonstration of a good level of motor and movement skills in competitive situations. These skills are consistently good. Demonstrates outstanding knowledge of healthy living and understands the importance of wellbeing including positive emotional and social skills.	Clear demonstration of a good level of core and moderate level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with good accuracy/success. Advanced skills are used but these are applied inconsistently. Maintains good levels of technical competence at high levels of competition in a fully competitive situation, or in a high level performance context.	Clear demonstration of detailed analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed well with accurate analysis made. Clear understanding of the rules of the game and is able to demonstrate good officiating skills. Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation.

			<p>Strategies are implemented consistently and are analysed well to evaluate performance.</p> <p>Clearly demonstrates a response to teacher and peer feedback.</p> <p>Consistently provides good constructive feedback to others to improve their performance.</p>
Achieving	<p>Clear demonstration of a competent level of motor and movement skills in competitive situations. These skills are consistently well performed with a few errors in games situations. Demonstrates good knowledge of healthy living and understands the importance of wellbeing including positive emotional and social skills.</p>	<p>Clear demonstration of a competent level of core and moderate level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with consistent accuracy/success. Advanced skills are used but these are applied inconsistently. Maintains good levels of technical competence at a good level of competition in a fully competitive situation, or in a high level performance context.</p>	<p>Clear demonstration of good analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed well with accurate analysis made.</p> <p>Clear competence and understanding of the rules of the game and is able to demonstrate officiating skills.</p> <p>Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Strategies are implemented well, with few errors.</p> <p>Clearly demonstrates a response to teacher and peer feedback.</p> <p>Regularly provides good constructive feedback to others to improve their performance.</p>
Developing	<p>Clear demonstration of a competent level of motor and movement skills in competitive situations. These skills are well performed with a few errors in games situations. Demonstrates sound knowledge of healthy living and shows understanding of the importance of wellbeing including positive emotional and social skills.</p>	<p>Clear demonstration of a moderate level of core and attempts at some advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with some accuracy/success. Advanced skills are used but these are with improving inconsistency. Maintains competent levels of technical ability at a better level of competition in a competitive situation, or in a good performance context.</p>	<p>Clear demonstration of analysis of strengths and weaknesses of their own performance in a competitive situation.</p> <p>Clear understanding of the rules of the game and is able to consistently demonstrate fair play.</p> <p>Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation.</p> <p>Increased acceptance and responds to feedback.</p>



Emerging	<p>Some demonstration of a basic level of motor and movement skills in competitive situations. These skills are well performed with a few errors in passive situations. Demonstrates sound knowledge of healthy living and shows understanding of the importance of wellbeing including positive emotional and social skills.</p>	<p>Clear demonstration of a moderate level of core and attempts at advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with some limited accuracy/success. Advanced skills are used but these are applied inconsistently and lack precision. Maintains competent levels of technical ability at a lower level of competition in a fully competitive situation, or in a competent standard of performance.</p>	<p>Clear demonstration of good analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed well with accurate analysis made.</p> <p>Clear competence and understanding of the rules of the game and is able to demonstrate officiating skills.</p> <p>Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Strategies are implemented well, with few errors.</p> <p>Clearly demonstrates a response to teacher and peer feedback.</p>
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## Year 11 Assessment

	Motor competence and movement skills. Health and well being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	Clear demonstration of an excellent level of motor and movement skills in fully competitive situations. These skills are advanced and refined with are consistently outstanding. Demonstrates advanced knowledge of healthy living and has excellent understanding of the importance of wellbeing including positive emotional and social skills. They actively lead a healthy lifestyle to peers	Clear demonstration of an excellent level of core and a very good level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with excellent accuracy/success. Advanced skills are frequently used successfully. Maintains excellent levels of technical competence even at the highest levels of competition in a fully competitive situation, or in a very high level performance context.	Consistent demonstration of excellent analysis of strengths and weaknesses of their own and team performance in a competitive situation. This analysis is performed exceptionally and appropriate improvements implemented. Clear competence and understanding of the rules of the game. Rules are implemented consistently and fairly. Competitive situations evidence excellent levels of sportsmanship. Consistently demonstrates an exceptional competence in coaching and officiating roles. Consistently identifies and implements multiple strategies to strengthen performance in a competitive situation. Strategies are implemented effectively. Consistently demonstrates an excellent response to teacher and peer feedback, ensuring improvements are made in every lesson. Demonstrates excellent teamwork and leadership skills when working with a variety of peers.
Exceeding	Clear demonstration of an very good level of motor and movement skills in fully competitive situations. These skills are advanced and refined with are consistently very	Clear demonstration of a very good level of core and a good level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with very good accuracy/success. Advanced skills are used frequently, often and successfully. Maintains very good levels of technical competence at high levels of	Clear demonstration of good analysis of strengths and weaknesses of their own and team performance in a competitive situation. This analysis is performed exceptionally and appropriate improvements implemented

	good. Demonstrates advanced knowledge of healthy living and has very good understanding of the importance of wellbeing including positive emotional and social skills. They actively lead a healthy lifestyle.	competition in a fully competitive situation, or in a high level performance context.	Clear competence and understanding of the rules of the game. Rules are implemented consistently and fairly. Competitive situations evidence good levels of sportsmanship. Able to demonstrate good competence in a coaching or officiating role. Clearly identifies and implements multiple strategies to strengthen performance in a competitive situation. Strategies are implemented consistently. Clearly demonstrates a good response to teacher and peer feedback. This response initiates an improvement in performance. Demonstrates good teamwork and leadership skills when working with a variety of peers.
Achieving	Clear demonstration of a good level of motor and movement skills in competitive situations. These skills are refined and are consistently good. Demonstrates good knowledge of healthy living and has good understanding of the importance of wellbeing including positive emotional and social skills.	Clear demonstration of a good level of core and moderate level of advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with good accuracy/success. Advanced skills are used but these are applied inconsistently. Maintains good levels of technical competence at high levels of competition in a fully competitive situation, or in a high level performance context.	Clear demonstration of good analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed well with accurate analysis made. Clear competence and understanding of the rules of the game. Rules are implemented consistently and fairly. Able to demonstrate competence in a coaching or officiating role. Clear identify and implement multiple strategies to strengthen performance in a competitive situation. Strategies are implemented well, with few errors. Clearly demonstrates a response to teacher and peer feedback. This response initiates an improvement in performance. Demonstrates teamwork and leadership skills.

Developing	<p>Clear demonstration of a moderate level of motor and movement skills in competitive situations. These advanced motor skills are inconsistent at times. Demonstrates some knowledge of healthy living and has a sound understanding of the importance of wellbeing including positive emotional and social skills.</p>	<p>Clear demonstration of a moderate level of core and some advanced skills/techniques in a fully competitive/performance context. Skills/techniques are applied with some accuracy/success. Advanced skills are used but these are applied inconsistently. Maintains competent levels of technical ability at a fair level of competition in a competitive situation, or in a high level performance context.</p>	<p>Clear demonstration of good analysis of strengths and weaknesses of their own performance in a competitive situation. This analysis is consistently performed well with accurate analysis made.</p> <p>Clear competence and understanding of the rules of the game and is able to demonstrate officiating skills.</p> <p>Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation. Strategies are implemented well, with few errors.</p> <p>Clearly demonstrates a response to teacher and peer feedback.</p> <p>Regularly provides good constructive feedback to others to improve their performance.</p>
Emerging	<p>Clear demonstration of a basic level of motor and movement skills in competitive situations. These advanced motor skills are inconsistent at times. Demonstrates a basic knowledge of healthy living and has a some understanding of the importance of wellbeing including positive emotional and social skills.</p>	<p>Clear demonstration of a moderate level of core skills/techniques in a competitive/performance context. Skills/techniques are applied with some limited accuracy/success. Advanced skills are attempted but these are applied inconsistently and lack precision. Maintains competent levels of technical ability at a lower level of competition in a fully competitive situation, or in a high level performance context.</p>	<p>Clear demonstration of analysis of strengths and weaknesses of their own performance in a competitive situation.</p> <p>Clear understanding of the rules of the game and is able to consistently demonstrate fair play.</p> <p>Clear identification of a variety of strategies and tactics and can implement to strengthen performance in a competitive situation.</p> <p>Increased acceptance and responds to feedback.</p>

## Year 7 Assessment

	Motor competence and movement skills. Health and well-being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self-reflection, peer observations, acting on and offering feedback.
Excelling	<p>I can demonstrate a very good level of skill. <b>I am working well above my age level</b></p> <p>These skills are consistently very good.</p> <p>I can show you very good knowledge of healthy living.</p>	<p>I can do a good level of skills and techniques with control, precision and accuracy.</p> <p>I can perform with very good consistency in practices and effectiveness during games and performances. My decision making is good.</p>	<p>I can identify strengths and weakness of myself and others and identify how to get better.</p> <p>I understand the rules and I can referee games.</p> <p>I can use multiple different strategies depending on the game situation. I can evaluate their effectiveness in a game.</p>
Exceeding	<p>I can demonstrate a good level of skill. <b>I am currently working above my age level.</b></p> <p>These skills are consistently good.</p> <p>I can show you good knowledge of healthy living</p>	<p>I can do skills and techniques with control and accuracy.</p> <p>I can perform with good consistency in practices and success during competitive games and performances. My decision making is improving</p>	<p>I can identify strengths and weakness of myself and others and identify how to get better.</p> <p>I understand the rules of the game.</p> <p>I can use different strategies to improve performance in a game.</p>
Achieving	<p>I can demonstrate a competent level of skill. <b>I am currently working at my age level</b></p> <p>These skills are performed consistently.</p>	<p>I can do the <b>majority</b> of skills and techniques in the activities covered.</p> <p>I can be <b>consistent and accurate</b> during passive practices and in competitive situations</p> <p>I can participate and help as part of a team with success</p>	<p>I can identify strengths and weakness of myself.</p> <p>I understand the rules of the game.</p> <p>I can use a strategy to improve performance in a game.</p>

	I can tell you how to live healthy.		
Developing	<p>I can demonstrate a basic level of skill. <b>I am currently working at my age level.</b></p> <p>These skills are developing.</p> <p>I can tell you how to live healthy</p>	<p>I can do <b>most</b> skills.</p> <p>I can be <b>consistent and accurate</b> during passive practices and perform in competitive situations</p> <p>I can participate and help as part of a team</p>	<p>I can identify strengths and weakness of a peer.</p> <p>I understand most of the rules of the game.</p> <p>I can use a strategy I am given to improve performance in competitive practice.</p>
Emerging	<p>I can demonstrate some level of skill. These skills are improving. <b>I am currently working below my age level</b></p> <p>I can tell you how to live healthy sometimes</p>	<p>I can do <b>some</b> skills.</p> <p>I can be <b>consistent</b> during passive practices and perform in competitive situations</p> <p>I can participate as part of a team</p>	<p>I can identify strengths and weakness of a peer.</p> <p>I understand the basic rules of the game.</p> <p>I can use a strategy I am given to improve performance in passive practices.</p>

## Year 8 Assessment

	Motor competence and movement skills. Health and wellbeing - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self reflection, peer observations, acting on and offering feedback.
Excelling	<p>I can demonstrates a very good level of skills with the developing ability to move into space. <b>I am working well above my age level.</b></p> <p>These skills are consistently very good in a competitive situation.</p> <p>I can demonstrates very good knowledge of healthy living and understands the importance of wellbeing, including what emotional and social wellbeing is.</p>	<p>I can perform <b>all</b> skills and techniques with <b>very good</b> control, precision and accuracy. Perform with <b>very good</b> consistency in passive practices and with good competence during competitive situations/performances</p> <p>My decision making is a strength.</p>	<p>I can evaluate strengths and weaknesses of my own performance in a game situation.</p> <p>I understand the rules of the game and I can explain the rules to others. I can confidently referee games.</p> <p>I can use 3 or more strategies to improve performance in a game. I can analyse which strategies work and why.</p> <p>I can accept and respond to feedback, I can use this to improve my performance.</p> <p>I can provide feedback to others to improve their performance.</p>
Exceeding	<p>I can demonstrates a good level of skills with the developing ability to move into space. <b>I am working beyond my age level.</b></p> <p>These skills are consistently good.</p> <p>I can demonstrate good knowledge of healthy living and understands the importance of wellbeing.</p>	<p>I can do <b>the majority of</b> skills, techniques with <b>good</b> control and accuracy.</p> <p>I can perform with <b>good</b> consistency in practices and I am <b>effective</b> during competitive games and performances. I make good decisions most of the time.</p>	<p>I can analyse strengths and weaknesses of my own performance in a game situation.</p> <p>I understand the rules of the game and I can explain the rules to others.</p> <p>I can use 2 strategies to improve performance in a game.</p> <p>I can accept and respond to feedback, I can use this to improve my performance.</p>
Achieving	<p>I can demonstrates a competent level of skills with the developing</p>	<p>I can do <b>most</b> skills, techniques with <b>increased</b> control and accuracy.</p>	<p>I can explain strengths and weaknesses of my own performance in a game situation.</p>

	<p>ability to move into space. <b>I am working at my age level.</b></p> <p>These skills are becoming consistent.</p> <p>I can demonstrate competent knowledge of healthy living and some understanding of the importance of wellbeing.</p>	<p>I can perform with consistency in practices and I am quite effective during competitive games and performances. I make good decisions most of the time.</p>	<p>I understand the rules of the game and I can explain the rules to others.</p> <p>I can use a strategy to improve performance in a game.</p> <p>I can accept and respond to feedback. I can use this to make my performance better.</p>
Developing	<p>I can demonstrate a basic level of skills with the developing ability to move into space. <b>I am working at my age level.</b></p> <p>These skills are improving in non-competitive practices.</p> <p>I can demonstrate basic knowledge of healthy living and some understanding of the importance of wellbeing.</p>	<p>I can do <b>some</b> skills, techniques with <b>increased</b> control and accuracy.</p> <p>I can perform with better consistency in practices and with some success during competitive games and performances.</p>	<p>I can identify you the strengths and weakness of a peer in a game situation.</p> <p>I understand the rules of the game.</p> <p>I can use a strategy I am given to improve performance in a game.</p> <p>I can accept and respond to feedback.</p>
Emerging	<p>I can demonstrate some level of skills with the ability to move into space. <b>I am working below my age level.</b></p> <p>These skills are developing at non-competitive practices.</p> <p>I can demonstrate some knowledge of healthy living.</p>	<p>I can do <b>some</b> skills, techniques with <b>increased</b> control and accuracy.</p> <p>I can perform with better and more consistent in practices and with some success during competitive games and performances.</p>	<p>I can tell you the strengths and weakness of a peer in a game situation.</p> <p>I understand the basic rules of the game.</p> <p>I can use a strategy I am given to improve performance in a game.</p>



## Year 9 Assessment

	Motor competence and movement skills. Health and well-being - emotional capacity and social skills.	Performing and applying skills and techniques.	Knowledge, analysis and evaluation. Understanding rules, planning and implementing strategies and tactics. Self-reflection, peer observations, acting on and offering feedback.
Excelling	<p>I can demonstrate a very good level of motor and movement skills, <b>I am working well above age related expectation in PE</b></p> <p>These skills are refined and consistent.</p> <p>I can demonstrate very good knowledge of healthy living and understand the importance of wellbeing including positive emotional and social skills.</p>	<p>I can perform <b>all</b> skills and techniques with very good control, precision and accuracy. Perform with <b>very good</b> decision making and consistency - in practices and competitive games.</p> <p><b>Very effective</b> in performances</p>	<p>I can analyse my strengths and weaknesses in a game situation. I can identify what practices I need to do to get better.</p> <p>I can explain and follow all rules of the game. I can referee a game. I can teach others the rules of the game.</p> <p>I can use 3 or more strategies in a game situation to improve my performance. I can analyse which strategies work and why. I can be a captain and share strategies with others.</p> <p>I can accept and respond to feedback. I use feedback to improve my performance.</p> <p>I give clear feedback to my peers to improve their performance.</p>
Exceeding	<p>I can demonstrate a good level of motor and movement skills. <b>I am working beyond age related expectations in PE.</b></p> <p>These skills are consistently good.</p>	<p>I can perform a <b>wide range</b> of skills and techniques with very good control, precision and accuracy. Perform with <b>good</b> decision making and consistency - in practices and competitive games.</p> <p><b>Effective</b> in performances</p>	<p>I can analyse my strengths and weaknesses in a game situation. I can identify what practices I need to do to get better.</p> <p>I can explain and follow all rules of the game. I can referee a game. I can demonstrate fair play.</p>

	I can demonstrate good knowledge of healthy living		<p>I can use 2 or more strategies in a game situation to improve my performance. I can be a captain and share strategies with others.</p> <p>I can accept and respond to feedback. I use feedback to improve my performance.</p> <p>I give clear feedback to my peers to improve their performance.</p>
Achieving	<p>I can demonstrate a sound level of motor and movement skills. <b>I am Working at age related expectations in PE</b></p> <p>These skills are consistent in non-competitive practices.</p> <p>I can demonstrate a sound knowledge of healthy living and a sound understanding of the importance of wellbeing including what positive emotional and social skills are.</p>	<p>I can perform a <b>range</b> of skills, techniques with <b>sound</b> control and accuracy.</p> <p>Perform with <b>accurate</b> decision making and with consistency - in practices and competitive games.</p> <p>Can perform <b>effectively</b></p>	<p>I know what my strengths and weakness are in a game situation.</p> <p>I know the rules of the game. I can demonstrate fair play.</p> <p>I can use 1 strategy in a game situation to improve my performance.</p> <p>I can accept and respond to feedback.</p> <p>I give feedback to peers to improve their performance.</p>
Developing	<p>I can demonstrate a range of motor and movement skills. <b>I am working at age related expectations in PE.</b></p> <p>These skills are consistent in non-competitive practices.</p> <p>I can demonstrate a basic knowledge of healthy living and a sound understanding of the importance of wellbeing.</p>	<p>I can perform a <b>moderate range</b> of skills, techniques with <b>increased</b> control and accuracy.</p> <p>Perform with <b>accurate</b> decision making and some consistency - in practices and competitive games.</p> <p>Can perform <b>effectively</b> but lacks consistency</p>	<p>I know what my strengths and weakness are for each skill.</p> <p>I know the rules of the game. I can demonstrate fair play.</p> <p>I can use a strategy I am given in a game situation to improve my performance.</p> <p>I can accept and respond to feedback.</p>

Emerging	<p>I can demonstrate a basic level of motor and movement skills. <b>I am working below age related expectations in PE.</b></p> <p>These skills are sometimes consistent in non-competitive practices.</p> <p>I can demonstrate a basic knowledge of healthy living.</p>	<p>I can perform <b>some</b> skills, techniques with some control and accuracy.</p> <p>Performs with <b>some</b> consistency within passive practices and with <b>some effectiveness</b> during competitive situations and performances</p>	<p>I know what my strengths and weakness are for each skill.</p> <p>I know some rules of the game.</p> <p>I can use a strategy I am given in a game situation to improve my performance.</p>
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## Assessment - <https://www.marcrhayes.com/post/a-summary-of-ofsted-s-pe-research-review-for-teachers-and-leaders-physical-education>

- Teachers should use a range of assessments to enable all pupils to demonstrate their knowledge, understanding and skills. Insufficient consideration of assessment can lead to reducing pupils' motivation and self-efficacy.
- It is important to share what will be assessed with pupils and other stakeholders so that they understand what is valued.
- Assessment tasks can have additional consequences which can be both positive or negative and teachers should carefully consider these otherwise it makes 'PE for all' unachievable.
- Teachers might need to make adaptations to assessment methods to make them appropriate for pupils with SEND - importantly, these methods should not limit what pupils with SEND can achieve.
- It is important for assessment to be focused on identifying progress in competence and on what PE can be realistically held accountable for developing.

- Formative assessment is an ongoing activity in PE.
- Teachers should design assessments or select methods based on the specific content of what the pupils have been taught. They should share success criteria with pupils.
- Most demonstration of knowledge will be assessed through what pupils do **physically** although non-physical means might be appropriate at times.
- Throughout the learning journey, assessment should be used to identify and correct pupils' misconceptions before they move to more complex content.
- Information from assessments should enable pupils to develop their mental model of what success looks like in any given context.
- Competitions might be useful to assess some knowledge - especially composite knowledge. They are not as useful for assessing smaller, isolated components of learning, especially for feeding back to pupils what they need to do to get better at PE.
- Competitions can be useful for assessing pupils' applications of tactics.
- Assessment practices should be aligned with curricular goals and be linked to the specific content which is being taught and the contexts in which it is developed and applied. When assessment is based on generic skill progression, it is far less useful to pupils to inform them of how to get better.
- Self- and peer-assessment needs to be explicitly taught. It can be useful in PE as pupils can learn through observing and analysing. It requires teachers to share the learning goals and success criteria so that pupils have a clear mental model of what success looks like within a specific context.
- Pupils need to be explicitly taught how to assess, what to assess and how to give feedback.
- Technology - such as using video to analyse movement - can be valuable to support assessment in PE, but this rests on pupils' clarity and mental model of what success looks like.

## **Performance vs Learning**

- Physical performance does not necessarily indicate the quality of learning. It might also appear to regress as pupils practise more complex movements.
- Teachers need to provide carefully planned opportunities for pupils to recall and review important knowledge to ensure they remember what they have been taught.