

KS3 Assessment at Braunton Academy

Physical Education Year 7

Grade	Students at this grade will typically show the following by the end of Year 7 in Physical Education
Showing Mastery	• I can justify the advantages of following an active and healthy lifestyle on physical, mental and social well-being • I can lead and officiate matches showing a good understanding of the rules • I can critically evaluate a performance of a peer or myself in order to improve skills, tactics and / or fitness levels • I demonstrate good leadership qualities both in lessons and at extra-curricular clubs • I display clear communication skills, empathy and an understanding of my peers • I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills, techniques and tactics in very challenging activities
Working at Greater Depth	• I can categorise many short- and long-term effects of exercise on physical, mental and social well-being • I can lead an effective warm up to the whole class • I can examine problems with techniques and can give teaching points to correct these mistakes • I am confident and competent when leading large groups of performers • I effectively apply methods of communication to different ages, abilities, experiences and situations • I can demonstrate with consistent accuracy and success a range of appropriate skills, techniques and tactics in challenging activities
Working at Expected Standard	• I can describe how the body adapts and benefits from regular exercise • I can take responsibility for leading a small group warm up • I can apply my knowledge of skills and techniques and this improves my own and others' practical performance • I can demonstrate confidence and apply leadership qualities to lead large group warm ups • I am hard working, resilient and eagerly accept challenges • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities
Working Towards Expected Standard	• I can identify some reasons for needing to complete a warm-up • I can identify a benefit for taking part in physical activity • I can lead an effective self-led warm-up • I can describe and explain some skills and rules in some sports • I can demonstrate communication skills within discussions and activities • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities

Physical Education Year 8

Grade	Students at this grade will typically show the following by the end of Year 8 in Physical Education
Showing Mastery	• I can evaluate and justify different training methods for performers sporting needs. • I display an excellent understanding and justify how skills and tactics could improve the quality of performance. • I can lead others in activities and warm-ups to enhance students learning. • I am hardworking and helpful in lessons and at afterschool clubs. • I often take on leadership roles during lessons and afterschool clubs. • I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriative skills, techniques and tactics in very challenging activities.
Working at Greater Depth	• I can accurately explain in-depth the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • I can lead and officiate matches showing a good understanding of the rules. • I can analyse my performance and others in order to improve skills, techniques and/or fitness level. • I demonstrate good leadership qualities both in lesson and afterschool clubs. • I display clear communication skills, empathy and an understanding of my peers. • I can demonstrate, with precision control and fluency, an extensive range of appropriative skills techniques, and tactics in very challenging activities.
Working at Expected Standard	• I have a sound knowledge of the importance of taking part in a warm-up and can apply this during regular physical activity. • I can explain the benefits to the body and mind of regular participation. • I can apply my knowledge of rules and tactics of several different sports. • I can give some feedback to my peers and teams performance. • I can confidently lead a group of people applying a variety of roles: official, coach, teacher and captain. • I give 100% effort to every activity and am often resilient when faced with challenging tasks. • I demonstrate an understanding and respect for my peers and can support and motivate them to improve performance. • I can demonstrate, with consistent accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities.
Working Towards Expected Standard	• I can recall some muscles in a warm-up. • I can identify some reasons as to why I need to complete a warm-up. • I am beginning to have some understanding of techniques. • I can lead a warm-up to a partner • I can identify and describe tactics in some sporting activities. I understand techniques, which can help me to improve my own performance. • I can begin to give feedback to others about their performance. • I sometimes demonstrate resilience and effort. • I can demonstrate confidence and understand effective communication within discussions and activities. • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in isolated practice • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in moderately pressured practices

Physical Education Year 9

Grade	Students at this grade will typically show the following by the end of Year 9 in Physical Education
Showing Mastery	• I have extensive knowledge of how the components of fitness; principles of training and the effects of exercise can improve performance. • Evaluate the technical and tactical demands of performance. • I can plan, lead, and justify an effective coaching session. • I embrace challenges, am resilient and always give 100%. • I have an exceptional range of effective communication skills and demonstrate these when leading large groups of performers. • I demonstrate outstanding confidence, authority and respect when officiating, leading and participating. • I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriative skills, techniques and tactics in complex and challenging activities.
Working at Greater Depth	• I have knowledge of a range of training methods and can analyse others' sporting needs. • I display excellent understanding and can analyse ways to improve skills, techniques and the quality of performance. • I can lead others in activities and warm-ups to enhance students learning. • I am hardworking and helpful in lessons and at afterschool clubs. • I have great leadership qualities and am an active leader; I apply this in lessons and afterschool. • I often inspire others to participate and progress in sporting activity. • I am a positive role model, I demonstrate commitment, I participate in school sport and I am inspiring to others. • I can demonstrate, with consistent precision control and fluency, an extensive range of appropriative skills techniques, and tactics in very challenging activities.
Working at Expected Standard	• I can describe many short and long-term effects of exercise on physical, mental and social wellbeing. • I can identify problems with techniques and can apply teaching points to correct these mistakes. • I am hardworking resilient and eager to accept challenges. • I am confident and competent when leading groups of performers. • I can effectively apply methods of communication to different ages, abilities, experiences and situations. • I can demonstrate confidence and leadership qualities, often volunteer to lead group activities. • I can demonstrate, with consistent accuracy and success, skills, techniques and tactics across a variety of sports in challenging activities.
Working Towards Expected Standard	• I can lead an effective self warm-up. • I can describe some skills and rules in some sports. • I can identify techniques, helping me to begin to improve my own performance. • I have good knowledge of skills, technique and understand how this improves my own and others practical performance. • I can demonstrate communication skills within discussions and activities. • I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of activities in competitive practices.