

**Assessing Practical
Performance within PE**

1 - 2

Develop fundamental movement skills and becoming increasingly confident.

Can apply learned skills in a basic game situation.

Participates in most PE lessons

3 - 4

Apply your fundamental movement skills in activities.

Apply simple tactics to games. Apply basic principles to activities.

Work by yourself and with others with support.

Exercise more regularly and live a healthier lifestyle.

Participates in most PE lessons.

5 - 6

Acquire skills quite well.

Practise skills in a range of activities and apply them in selected activities to achieve good levels of performance.

Are physically fit and can remain active reasonable periods to help promote your health and fitness.

Work for extended periods of time, both independently and with others, with guidance or support.

Participate in all PE lessons & engage in a range of extra-curricular activities

7 - 8

Acquire skills very well.

Practise skills in a wide range of activities and apply them in selected activities to achieve very good levels of performance.

Are physically fit and can remain active for significant periods to help promote your health and fitness.

Work for extended periods of time, both independently and with others, with limited guidance or support.

Participate in all PE lessons & engage in a range of extra-curricular activities.

9

Acquire skills exceptionally well.

Practise skills in a wide range of activities and apply them in activities to achieve exceptionally high levels of performance.

Are physically fit and can remain active for sustained periods to help promote your health and fitness.

Work for extended periods of time, both independently and with others, without the need of guidance or support.

Eagerly participate in all PE lessons & engage fully in extra-curricular activities.

**Assessing Cognitive
Performance within PE**

1 -2

Does not fully engage and co-operate in competitive activities with others.

No interest in simple tactics that can be applied to games.

Regularly makes little attempt to improve their own and others' performance.

Little effort in role as leader and unwilling to organise equipment and participants.

3-4

Aware of how to apply fundamental movement skills in activities.

Aware of how simple tactics can be applied to games.

Can recognise a good performance and use the information to make suggestions of how to improve their own and others' performance.

Shows some confidence when leading small groups.

5-6

Acquire new knowledge well and are developing an understanding of a range of PE and sport activities.

Can suggest how tactics can be applied to games.

Show good levels of motivation and sporting respect.

Make informed choices about engaging in physical activity and why it is important.

Make well founded judgements on their own and others' work to improve performances.

Shows confidence in leading small groups.

7-8

Acquire new knowledge very well and have developed an understanding of a range of PE and sport activities.

More aware of how complex tactics can be applied to games. Show

Very good levels of motivation and sporting respect.

Make informed choices about engaging in physical activity & why it is important.

Suggest possible methods to improve their own and others' performance.

Motivated leader, who is confident, organised and a good communicator.

9

Acquire new knowledge exceptionally well and have developed an in-depth understanding of a wide range of PE and sport activities.

Can suggest how complex tactics can be applied to games.

Show exceptional levels of motivation and sporting respect.

Critically evaluate and develop targets to have impact on their own and others' performance.

Inspirational leader, who is highly confident, organised and an excellent communicator which instils excellence in others.