

KS3 Assessment Rubric - PE

PE	Head	Heart	Hands
NC requirements	Use a range of tactics & strategies to overcome opponents. Analyse & improve performances through applying the principles of effective performance.	Understand & apply the long-term health benefits of physical activity. Develop skills to solve problems and build Trust.	Apply techniques across different sports & physical activities. Develop expert technique to improve performance.
Mastered	<p>I acquire new knowledge exceptionally well and have developed an in-depth understanding of complex movements in a range of sporting activities.</p> <p>I am very aware of how complex tactics can be applied into games and make regular and effective decisions by focusing on taking advantage of my opponent's strengths and weaknesses. This is supported by consistent performance of skill.</p> <p>I can show exceptional levels of originality imagination and creativity in my playing performance.</p> <p>I frequently demonstrate an understanding of how to win and respond with appropriate and complex principles (e.g., zone defence in handball and being able to adapt according to the situation). I recognise strengths and weaknesses in others' tactics & strategies.</p> <p>I use appropriate vocabulary and teaching points to critically evaluate and develop targets to have a positive impact on my own and others performance.</p> <p>I am an inspirational leader who is highly confident, organised and an excellent communicator. I can adapt and go off plan if needed and show excellent use of STEP (<i>space, task, equipment and people</i>).</p>	<p>I am confident to take the initiative to lead others by organising and officiating events and activities.</p> <p>I motivate, inspire and instil excellent sporting attitudes in others.</p> <p>I have a passion and commitment to a wide range of competitive and cooperative physical activities.</p> <p>I can explain in detail a balanced diet and how and why healthy eating and physical activity is important for health and wellbeing.</p> <p>I consistently display knowledge and understanding of multiple rules.</p> <p>I consistently demonstrate good sportsmanship.</p> <p>I consistently lead and understand the importance of listening to others.</p> <p>I am very driven to stay focused on tasks and contribute regularly to discussion using key terminology.</p> <p>I eagerly participate in all physical education lessons and engage in a range of extra-curricular activities.</p>	<p>I acquire skills exceptionally well and apply them in a broad range of activities to achieve high levels of performance (e.g., spreading fingers (greater surface area) in rugby, volleyball & handstand) showing more precision, control and fluency.</p> <p>I can apply complex tactics and principles to games consistently.</p> <p>My performance is rarely affected when performing under pressure and I can remain composed throughout the curriculum.</p> <p>I am physically fit and can remain active for sustained periods of time, improving my health and fitness.</p>
Skilled	<p>I acquire new knowledge very well and have developed an understanding of more complex movements in a range of sporting activities (e.g., when to use a jump shot in Handball).</p> <p>I am more aware of how complex tactics can be applied into games and make decisions by focusing on taking advantage of my opponent's strengths and weaknesses. This is supported by consistent performance of skill.</p> <p>I can show very good levels of originality, imagination and creativity in my playing performance.</p> <p>I understand how to win and respond with appropriate and complex principles (e.g., zone defence in handball and being able to adapt). I recognise strengths and weaknesses in other tactics & strategies.</p> <p>I use appropriate vocabulary and teaching points to make well founded judgements on my own and others performance to improve.</p> <p>I am a motivated leader who is confident, organised and a good communicator - Using STEP very well.</p>	<p>I work cooperatively and lead others by organising and officiating events and activities.</p> <p>I motivate and instil sporting attitudes in others.</p> <p>I have an enthusiasm and commitment to a range of competitive and cooperative physical activities.</p> <p>I can explain why healthy eating and physical activity is important for health and wellbeing.</p> <p>I frequently display knowledge and understanding of multiple rules.</p> <p>I frequently demonstrate good sportsmanship.</p> <p>I often lead and understand the importance of listening to others.</p> <p>I am driven to stay focused on tasks and contribute regularly to discussion with some key terminology.</p> <p>I participate in all physical education lessons and engage in a range of extra-curricular activities.</p>	<p>I acquire skills very well and can apply skills in several activities to achieve good levels of performance (e.g., spreading fingers (greater surface area) in rugby, volleyball & handstand) showing some precision, control and fluency.</p> <p>I can apply complex tactics and principles to games regularly.</p> <p>I am confident when performing under pressure and I demonstrate composure most of the time across the curriculum.</p> <p>I am physically fit and can remain active for significant periods of time, improving my health and fitness.</p>
Confident	<p>I acquire new knowledge well and I am developing an understanding of movement in a range of physical education and sport activities.</p> <p>My strengths and weaknesses influence what tactics & strategies I choose.</p> <p>I actively suggest tactical decisions which influence others in game/modified practice situations.</p> <p>I understand how to win and respond with appropriate principles (e.g., pacing/sprint finish in athletics) and begin to recognise my strengths and weaknesses in other performer's tactics & strategies.</p>	<p>I can work cooperatively and lead others with support by organising and officiating events and activities.</p> <p>I show respect and support for fellow participants.</p> <p>I show an interest and commitment to a range of competitive and cooperative physical activities.</p> <p>I am aware of why healthy eating and physical activity is important for health and wellbeing.</p> <p>I display knowledge and understanding of multiple rules.</p> <p>I regularly demonstrate good sportsmanship.</p> <p>I occasionally lead and understand the importance of listening to others.</p> <p>I stay focused on tasks and contribute to discussion.</p>	<p>I acquire skills well and can apply skills in several activities to achieve good levels of performance (e.g., spreading fingers (greater surface area) in rugby, volleyball & handstand).</p> <p>I can apply more complex tactics and principles to games.</p> <p>I am capable of performing under pressure and can show some composure in a range of activities.</p> <p>I am physically fit and can remain active for reasonable periods of time, improving my health and fitness.</p>

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	<p>I use appropriate vocabulary to make well founded judgements on my own and others performance to improve.</p> <p>I show confidence in most situations when leading in small groups or half classes, using STEP well.</p>	<p>I participate in most physical education lessons and engage in a range of extra-curricular activities.</p>	
Secure	<p>I am more aware of how to apply fundamental movement (e.g., specific technique needed for an overarm throw) skills in activities.</p> <p>I am more aware of how to apply effective tactics and strategies in modified games.</p> <p>I can recognise a good performance and make suggestions on how to improve my own and others performance, using the correct terminology. I am clear on how to win/perform well.</p> <p>I can show confidence in some situations when leading small groups. I can show basic use of applying STEP practically.</p>	<p>I can work in cooperative and competitive activities with others.</p> <p>I can communicate and collaborate with increasing confidence whilst taking part in activities.</p> <p>I have developed confidence and interest in a range of physical activities.</p> <p>I am more aware of why it is important to exercise regularly and lead a healthy, active lifestyle.</p> <p>I am fair in competition and can apply several key rules.</p> <p>I persevere with challenges and am open to constructive feedback and criticism given by teacher or peers.</p> <p>I am always organised with my PE kit (I bring it when I am unable to take part physically).</p>	<p>I can apply fundamental movement skills in a number of activities.</p> <p>I have a broad range of skills that are used more consistently across a range of sports and activities.</p> <p>I can apply a range of simple tactics and principles to games.</p> <p>My performance shows some consistency under pressure.</p> <p>I am working on my overall fitness and ability to stay active sustained periods of time, improving my health and fitness.</p>
Developing	<p>I am learning how to apply fundamental movement skills in some activities.</p> <p>I can learn simple tactics and apply these effectively to games.</p> <p>I can apply basic principles of performance (e.g., finding space) and can identify some appropriate strengths and weaknesses.</p> <p>I can include relevant key words in my feedback with peers.</p> <p>I can show a basic level of performance in a role as leader (e.g., will help organise equipment and participants but can lack confidence in communicating a task in groups).</p>	<p>I engage in co-operative and competitive activities with others.</p> <p>I enjoy being active and prefer to be teacher led and I can give benefits to exercise if asked.</p> <p>I feel comfortable working in group activities.</p> <p>I can recall some rules & mostly adhere to them.</p> <p>I normally have my correct PE kit (I bring it when I am unable to take part physically).</p> <p>I need support from peers/teacher to overcome tasks/challenges.</p> <p>I am rarely off task and will sometimes seek help from others or the teacher.</p>	<p>I have developed fundamental movement skills and become increasingly competent and confident.</p> <p>I have a range of skills that are used across a number of sports and activities. For example, running, jumping, throwing & catching.</p> <p>I can apply simple tactics and principles to games with some prompts from the teacher or peers.</p> <p>My performance is becoming more consistent with teacher encouragement.</p> <p>I am working on my overall fitness and ability to stay active for longer periods of time, promoting my health and fitness.</p>
Emerging	<p>I am learning how to apply some basic movement skills in isolated activities.</p> <p>I understand some simple strategies such as player on player marking or being on the attack and on occasion can carry out them out in games (possibly due to lack of rules/ tactical awareness/ processing time).</p> <p>I can identify basic principles of performance and can state straightforward comments based on outcome – good or bad, right or wrong.</p> <p>I may need cues (such as key words) to give feedback.</p> <p>I lack confidence in leadership roles.</p>	<p>I engage in co-operative activities with others but shy away from competition.</p> <p>I know being active is important to health, I have developed some understanding of the benefits if asked.</p> <p>I prefer to work with people I know, and I rely on support and guidance.</p> <p>I am aware of a few rules.</p> <p>I can be unorganised with my PE kit.</p> <p>I can go off task easily and do not know when to ask for help.</p>	<p>I am developing linking basic movement skills to make movements, actions and sequences.</p> <p>I have a range of skills that are used across a number of sports and activities. For example, running, jumping, throwing & catching which are developing my fluency, control and accuracy.</p> <p>I can apply simple tactics and strategies with guidance from the teacher.</p> <p>My performance is lacking consistency and I rely on teacher prompts.</p> <p>I am working on aspects of my fitness to be able to engage in lessons fully. I need to consider my health and fitness.</p>