

Assessment in Key Stage 3 Physical Education

Process	Physical Competency			Personal Development			Pathway for KS4		
	Replication of Skills	Outwitting Opponents	Evaluating & Improving	Leadership	Character	Health & Well Being			
Transition (6/7)	I can perform some of the core skills with limited consistency, accuracy, control, and fluency.	I can select and use skills with coordination and control.	I can see similarities and differences in performances.	I can listen to others talk for short periods – I am happy being led by others.	I always bring the correct kit when prompted by the teacher.	I have a limited level of physical fitness, but I am active in most lessons.			C o n t e n t s r e f e r e n c e s a r e l i s t e d h e r e
	I can perform some core skills and actions in isolation.	I have a basic understanding of tactics and compositional ideas.	I can suggest areas of improvement.	I can rehearse routines/practices when guided by another student or teacher.	I show self-belief in some activities, but not all.	I have a basic understanding why a warm-up is important before physical activity.			
Bronze (7)	I can perform many core skills with limited consistency, accuracy, control, and fluency	I use the basic principles of play when selecting and applying tactics for defending and attacking.	I can make comments about my own and others performances. I can use this information to improve my own performance.	I can listen to others talk for long periods of time and contribute towards discussions.	I am organised to bring the correct kit for each activity, even when I am unable to take part.	I have basic level of physical fitness and I am active in all lessons (breaks sweat).			r e f e r e n c e s a r e l i s t e d h e r e
	I can demonstrate many core skills in conditioned drills and modified games.	I can select skills, techniques and ideas and apply them accurately and appropriately in different physical activities.	I can comment on skills and techniques and explain how they are applied. I can modify and refine techniques to improve my performances.	I can work with others to plan and lead simple routines/warm-ups.	I can play a role within a team, showing good teamwork . I can respect other student(s) and teacher(s) views.	I can explain the location of the skeletal and muscular systems. I understand the benefits of a warm up. I know the difference between strength, stamina, speed, endurance and flexibility training.			
Silver (8)	I can perform many core skills with consistency, accuracy, control, and fluency.	I can select and apply skills based on my own and others strengths and weaknesses.	I can analyse and comment on performances and suggest ways to improve.	I know when to listen, talk and communicates well with others.	I can demonstrate determination in all activities, even when challenged.	I can accurately perform a variety of training methods, working to my maximum level.			S p o r t S c i e n c e C a m b r i d g e N a t i o n a l s
	I can demonstrate and link many core skills together in modified games.	I can apply my knowledge of advanced strategies, tactics and compositional ideas to my own and others work.	I can modify tactics and strategies as necessary. I can explain how skills, composition, tactics and fitness relate to the quality of a performance.	I am confident at 1 role (coach, recorder, measurer, official). I can assist the teacher to lead and engages in all tasks.	I am passionate about all aspects of physical education, not just performance. I can officiate a game showing honesty when making decisions.	I can explain the short and long-term benefits of exercise on the body and mind.			
Gold (9)	I can perform all core skills with consistency, accuracy, control, and fluency	I can apply skills, tactics and composition with flair and proficiency. I can adapt my skills to suit the situation.	I can evaluate the impact of skills, strategy, tactics and fitness on the quality of a performance. I can design ways to monitor improvement.	I encourage others to perform well. I seek to help less confident students by sharing ideas.	I am first to volunteer for demonstrations and shows a growth mindset .	I have a good level of physical fitness appropriate to the activity. This enables me to perform effectively .	G C S E	P h y s i c a l	E d u c a t i o n
	I can demonstrate effective use of core skills in a recognised format of the game.	I consistently apply the principles of strategy, tactics and composition in my own & others work.	I can reach judgements independently as to how my own and others work could be improved	I can lead a range of detailed drills. I can confidently run a 3 part warm up showing resourcefulness.	I can seek advice on how to improve and shows self-belief when practicing.	I can explain the structure of the cardiovascular and respiratory system during exercise.			
Platinum Mastery	I can perform few advanced skills with consistency.	I can consistently make the correct decisions, to ensure a successful outcome.	I can compare sporting performances and draw conclusions using key terminology.	I can communicate confidently when officiating any sport.	I am gracious in defeat and pick out the positives from these situations. I am honest in competition and demonstrate a reliable attitude.	I demonstrate a high level of physical fitness appropriate to the activity that enables me to perform effectively			S e o u t s i d e o f s c h o o l
	I can demonstrate advanced skills to dominate my opponent.	I can apply advanced tactics in my own work and others.	I can justify all analysis showing excellent subject knowledge.	I can lead small/familiar groups or peers, keeping them motivated and engaged in the task. I can adapt drills to ensure success.	I set an example to others in lessons and competitive games.	I know how to structure a basic circuit to improve a specific component of fitness .			