

Physical Education KS3 Assessment Framework

	Beginning Grade 1	Working Towards Grade 2-3	Expected Grade 4-5	Exceeding Grade 6-7	Excelling Grade 8-9
Physical Literacy	<p>I can:</p> <p>Head: persevere with a task and improve through practice. I can cope with and react positively to failure.</p> <p>make new rules or change the rules to make the tasks more fun or challenging.</p> <p>explain what I am doing well and begin to identify areas to improve.</p> <p>Heart: work well with a partner or a group and tell them what they are good at.</p> <p>inspire and motivate others to participate and progress</p> <p>explain how the body responds to exercise</p> <p>understand the benefits to following an active, healthy lifestyle on physical, mental and social well-being</p> <p>Hands: link actions together so that they flow and perform movements with good body tension.</p> <p>complete a 5-minute run and sustain a basic level of technique and physical fitness</p>	<p>I can:</p> <p>Head: be self-motivated committed to practice and show a clear desire to improve.</p> <p>understand ways to judge performance (criteria) and can use my awareness of space to make good decisions.</p> <p>adapt and adjust my skills, movements or tactics so they are different from or in contrast to others.</p> <p>Heart: show that I am happy to show and tell others my ideas and demonstrate skills to a group.</p> <p>show confidence and understand effective communication within discussions and activities</p> <p>state several changes the body goes through during exercise</p> <p>recall several muscles during a warm up</p> <p>Hands: perform a range of skills fluently and accurately in practice situations.</p> <p>complete a 7-minute run and sustain a basic level of technique and physical fitness</p>	<p>I can:</p> <p>Head: remain calm and positive when things become difficult including great winning and losing. I take responsibility for my own learning.</p> <p>respond imaginatively to different situations and disguise what I am about to do next.</p> <p>suggest patterns of play that will increase chances of success and develop ways to outwit opponents.</p> <p>Heart: work well and play fairly and can guide a small group through a task.</p> <p>display clear, confident communication skills, empathy and patience</p> <p>state what a short term effect of training is</p> <p>show a sound knowledge of the importance of a warm up, and apply this during regular physical activity</p> <p>Hands: use combinations of skills confidently. I can effectively transfer skills and movements across a range of activities and sports.</p> <p>complete a 10-minute run and sustain a basic level of technique and physical fitness</p>	<p>I can:</p> <p>Head: be motivated to improve and demonstrate resilience in my learning, regularly choosing to practice my skills outside of lessons</p> <p>change my plans in response to my opponent's to surprise them.</p> <p>read and react to different situations as they develop.</p> <p>Heart: take on different roles to support my team/group involving and motivating others.</p> <p>show great leadership qualities and be an active leader, in lessons and clubs</p> <p>state the short & long term effects of training and give examples</p> <p>lead an effective warm up to a group, including identifying several muscles of the body.</p> <p>Hands: maintain my performance in high pressure situations</p> <p>complete a 15-minute run and sustain a basic level of technique and physical fitness</p>	<p>I can:</p> <p>Head: be tolerant in situations where I could become frustrated</p> <p>improvise in order to achieve the required outcome and devise plans for myself and others.</p> <p>critically analyse and evaluate the quality of the performance. I can cope with multiple information, changes and solve complex problems.</p> <p>Heart: enthuse and inspire others to perform better. I can give and receive sensitive feedback that will improve myself and others.</p> <p>apply methods of communication to different ages, abilities, experiences & situations</p> <p>state 1 or more long & short term effect of training</p> <p>show the importance of a warm up, and lead an effective warm up to the whole class</p> <p>Hands: efficiently make adjustments to techniques and skills when required.</p> <p>complete a 20-minute run and sustain a basic level of technique and physical fitness</p>