

Physical Education KS3 Assessment Framework - PE

	Beginning Grade 1	Working Towards Grade 2-3	Expected Grade 4-5	Exceeding Grade 6-7	Excelling Grade 8-9
Gymnastics	<p>I can:</p> <p>can perform basic skills on the floor i.e. forward roll/log roll and simple balances but your technique is not always correct.</p> <p>learn a sequence with a clear start and finish including basic skills and balances but cannot yet make one yourself.</p> <p>make basic judgements about the quality of others work.</p> <p>(With guidance) understand and copy exercises that improve suppleness and strength.</p>	<p>I can:</p> <p>perform basic skills on the floor and on apparatus i.e. forward roll/log roll and simple balances but your technique is not always correct.</p> <p>put basic skills such as rolls and balances into order within a basic sequence with a start and finish position.</p> <p>make basic judgements about the quality of your own and others work.</p> <p>(with guidance) identify exercises that improve suppleness and strength.</p>	<p>I can:</p> <p>perform some basic agility/vaults on the floor and on apparatus i.e. forward roll/log roll/simple balances with reasonable technique.</p> <p>link a sequence effectively using some of your own ideas.</p> <p>use specific terminology to describe your own and others' performance.</p> <p>identify and work on strength and suppleness needed to perform with greater quality.</p>	<p>I can:</p> <p>demonstrate some basic agilities/vaults on the floor and on apparatus mostly with good technique.</p> <p>perform a flowing sequence that includes many of your own ideas.</p> <p>analyse your own and others work picking out some important areas to improve.</p> <p>perform a good gymnastics specific warm up and cool down routine that has some of your own ideas</p>	<p>I can:</p> <p>demonstrate some basic agilities/vaults on the floor and on apparatus mostly with good technique.</p> <p>perform a flowing sequence that includes many of your own ideas.</p> <p>analyse your own and others work picking out some important areas to improve.</p> <p>perform a good gymnastics specific warm up and cool down routine that has some of your own ideas.</p>