

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
Physical Literacy	<p>I can:</p> <p>Head: try several times if I don't succeed at first. I will ask for help to support my learning.</p> <p>I can begin to compare my movements and skills with those of others.</p> <p>I can name some skills and moves that I am good at.</p> <p>Heart: I can help, praise and encourage others. To demonstrate communication skills within discussions and activities To know that heart rate changes as a result of exercise To know why a warm up is necessary</p> <p>Hands: I can perform sequences with at least two movements with some changes in level, direction or speed. To be able to complete a 2-minute run and sustain a basic level of technique and physical fitness</p>	<p>I can:</p> <p>Head: concentrate on a task independently and begin to challenge myself.</p> <p>recognise similarities and differences in movements and expression.</p> <p>recognise similarities and differences in performance and explain why someone is performing well.</p> <p>Heart: talk and listen to others about their work. display clear communication skills, empathy and patience state different ways the body responds to exercise identify some muscles of the body</p> <p>Hands: perform a range of skills with good control and consistency. complete a 3-minute run and sustain a basic level of technique and physical fitness</p>	<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. inspire and motivate others to participate and progress explain how the body responds to exercise 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. 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: be happy to show and tell others my ideas and demonstrate skills to a group. show confidence and understand effective communication within discussions and activities state several changes the body goes through during exercise recall several muscles during a warm up</p> <p>Hands: perform a range of skills fluently and accurately in practice situations. 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. display clear, confident communication skills, empathy and patience state what a short term effect of training is develop 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. complete a 10-minute run and sustain a basic level of technique and physical fitness</p>