

KS3 Assessment Rubric – PHYSICAL EDUCATION

Year 7

Working Towards Age Expectations	Working At Age Expectations	Working Above Age Expectations
<ul style="list-style-type: none"> I can lead an effective self-led warm up identifying most major muscles in the body which will prepare myself for physical activity. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance. I can demonstrate leadership of a small group of peers with some confidence. I can demonstrate communication skills within discussions and activities. I often demonstrate respect for equipment and others. I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in moderately pressured practices. I can apply tactics with some success. 	<ul style="list-style-type: none"> I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for leading a warm up to a partner. I can identify and describe tactics in some sporting activities. I have knowledge of techniques which helps me to improve my own performance and give feedback to others about their performance. I can demonstrate confidence and effective communication within discussions and activities. I give 100% effort to every activity and am often resilient when faced with challenging tasks. I consistently demonstrate respect for equipment and others. I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in high pressured practices. I can apply tactics across a variety of activities with some success. 	<ul style="list-style-type: none"> I have an understanding of and can actually describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm up. I have good knowledge of skills and techniques and this improves my own and others' practical performance. I can demonstrate confidence and leadership qualities and often volunteer to lead large group warm-ups or activities. I am hardworking, resilient and eagerly accept challenges. I have developed respectful relationships with my peers. I can demonstrate, with some accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply tactics in competitive activities with success.

Year 8

Working Towards Age Expectations	Working At Age Expectations	Working Above Age Expectations
<ul style="list-style-type: none"> I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for leading a warm up to a partner. I can identify and describe tactics in some sporting activities. I have knowledge of techniques which helps me to improve my own performance and give feedback to others about their performance. I can demonstrate confidence and effective communication within discussions and activities. I give 100% effort to every activity and am often resilient when faced with challenging tasks. I consistently demonstrate respect for equipment and others. I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in high pressured practices. I can apply tactics across a variety of activities with some success. 	<ul style="list-style-type: none"> I have an understanding of and can actually describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm up. I have good knowledge of skills and techniques and this improves my own and others' practical performance. I can demonstrate confidence and leadership qualities and often volunteer to lead large group warm-ups or activities. I am hardworking, resilient and eagerly accept challenges. I have developed respectful relationships with my peers. I can demonstrate, with some accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply tactics in competitive activities with success. 	<ul style="list-style-type: none"> I have a sound knowledge of the importance of taking part in regular physical activity, as well as being able to explain the benefits to the body and mind of regular participation. I have a good knowledge of the rules and tactics of several different sports and I can give some feedback to my peers and teams overall performance. With confidence and some success, I can lead a large group of people in a variety of roles: official, coach, teacher and/or captain. I demonstrate empathy and respect for my peers and can support and motivate them to improve performance. I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games.

Year 9

Working Towards Age Expectations	Working At Age Expectations	Working Above Age Expectations
<ul style="list-style-type: none"> I have an understanding of and can actually describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm up. I have good knowledge of skills and techniques and this improves my own and others' practical performance. I can demonstrate confidence and leadership qualities and often volunteer to lead large group warm-ups or activities. I am hardworking, resilient and eagerly accept challenges. I have developed respectful relationships with my peers. I can demonstrate, with some accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply tactics in competitive activities with success. 	<ul style="list-style-type: none"> I have a sound knowledge of the importance of taking part in regular physical activity, as well as being able to explain the benefits to the body and mind of regular participation. I have a good knowledge of the rules and tactics of several different sports and I can give some feedback to my peers and teams overall performance. With confidence and some success, I can lead a large group of people in a variety of roles: official, coach, teacher and/or captain. I demonstrate empathy and respect for my peers and can support and motivate them to improve performance. I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games. 	<ul style="list-style-type: none"> I can identify and describe many of the short term and long-term effects of exercise on my physical mental and social well-being. I can lead an effective warm up to the whole class and ensure that they are prepared for the physical demands of that lesson. I am able to identify problems with my peers or my own technique and can give teaching points to correct these mistakes. I am confident and competent when leading large groups of performers. I can effectively vary my methods of communication to different ages, abilities, experiences and situations. I often inspire others to participate and progress in sporting activity. I can demonstrate, with consistent accuracy and success, a range of appropriate skills and techniques in challenging activities. I can make effective decisions and apply a range of ideas and tactics in challenging activities.