

YEAR 7 PHYSICAL EDUCATION ASSESSMENT

Mark Band	Skill Acquisition (SA)	Physical Fitness and understanding of the Body's response to Exercise (PF)	Key Terminology & Understanding (KT)	Rules, Regulations & Officiating (RO)	Sporting Performance (Decision Making)
17-20 Year 8 Emerging	Pupil replicates the skill accurately and with fluency. Skill is successfully executed in competition and used to outwit opponents.	Pupil can exercise at high intensity for prolonged periods and can explain the short-term effects of exercise on their body.	Pupil is able to use subject specific language during analysis of their own performance	Pupil uses subject specific language when applying the rules* in competitive situations*. Pupil can accurately correct others. *accurate and consistent replication of techniques independently	Pupils can confidently apply tactics and strategies/sequence specific to the sport and identify the different expectations of roles and positions
13-16 Mastery	Pupil replicates the skill accurately at pace and uses the skill with competence and good timing during competitive practice.	Pupil can exercise at high intensity for short periods and can identify several effects of exercise on their body during/after exercise.	Pupil uses keywords subject specific language during responses and naturally uses keywords when describing performance	Pupil demonstrates a strong understanding of the rules*and applies them consistently, explaining their decision with keywords. *Accurate replication of techniques independently	Pupils can strongly apply tactics and strategies specific to the sport and identify the different expectations of roles and positions in sport
9-12 Secure	Pupil replicates the skill accurately and performs with ease during isolated practice. Pupil uses the skill with some success in competition.	Pupil can exercise at a medium intensity during the lesson and can link the exercise to the changes apparent in their body.	Pupil is comfortable using keywords during verbal response and begins to use subject specific language during performance	Pupil demonstrates understanding of basic rules*and can apply rules* consistently *some accurate replication of techniques independently	Pupils show basic understanding of the sport with good knowledge of the roles or positions
5-8 Developing	Pupil can replicate a skill learnt in stages and can perform the skill in isolated practice. Skill breaks down in competitive practice.	Pupil is comfortable exercising at a low intensity for short periods, can identify basic effects of exercise on the body.	Pupil understands basic subject specific language and makes attempts to use keywords during verbal response	Pupil is aware of basic rules and how the game is played. Basic rules* are applied with inconsistency. *some independent techniques	Pupils show limited understanding of the sport showing little knowledge of the roles or positions
0-4 Emerging	Pupil is unable to accurately replicate skills, even when performed in stages. Skills in practice situations are unsuccessful.	Pupil struggles to meet the fitness demands of the activity and is unable to explain simple effects of exercise.	Pupil does not understand subject specific language and does not attempt to use it during verbal response	Pupil has limited knowledge of the rules or game mechanics. No attempt to apply the rules is made by the pupil. *unable to replicate techniques independently.	Pupils struggle to identify basic elements of the sport showing no knowledge of the roles or positions