

Assessment ladder

Year 7 – Physical Education

	Physical Competence	Competitive Ability	Fitness	Extra-Curricular Sports Participation
Exceeding	I can apply a range of skills and techniques with control and fluency with some degree of success in a game/performance.	Contribution is effective. Contribution maintained for the majority of the game/performance.	I can apply intermediate exercise techniques. I can exercise for a reasonable period without fatigue. I can use most fitness components & fitness tests.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports
Securing	I can apply a range of skills and techniques with control with some degree of success in game/performance.	Contribution is sometimes effective. Contribution is mostly sustained for the majority of the game/performance.	I can apply intermediate exercise techniques. I rarely get tired quickly. I can remember most fitness components and their tests.	I attend 1 extra-curricular PE activity on a regular basis and have tried others, but it is rare I do more than 1. I have represented the school in 1 sport on a regular basis.
Demonstrating	I can perform intermediate skills and sequences with control and some success in a game/performance.	Contribution is mostly evident. Contribution is sustained for aspects of the whole game/performance. Occasionally outwits opponents.	I can apply intermediate exercise techniques. I sometimes get tired quickly. I can remember most fitness components and fitness tests.	I attend 1 extra-curricular PE activity. I have represented the school in 1 sport.
Approaching	I can perform some intermediate skills and sequences with some control and some success in a game / performance.	Contribution is occasionally evident. Contribution is seldom effective for the majority of the game/performance.	I can apply core exercise techniques. I sometimes get tired quickly. I can remember some fitness components and tests.	I attend extra-curricular PE activities, but it is rare. I don't currently represent the school in any sports but would like to in the future.
Working towards	I can perform simple skills and sequences with control and coordination with some success in performances.	Contribution is rarely evident. Contribution is mostly insignificant and ineffective for most of the game/performance.	I can use simple exercise techniques. I get tired easily. I can remember some fitness components.	I don't currently take part in extra-curricular PE activities. I don't currently represent the school in any sports.

	Knowledge	Teamwork/ Leadership	Tactical/ Compositional	Problem Solving	Analysis/ Evaluation
Exceeding	Good knowledge and understanding. Mostly accurate specialist terminology used.	I work effectively with others, occasionally taking the lead to organise I can lead on an element of my class warm-up.	I can use tactical / compositional ideas in response to an opponent/ stimulus with consistent success.	I can solve advanced problems independently and effectively	I can evaluate strengths and weaknesses in my own and others work and implement ways to improve performance.
Securing	Some knowledge and understanding. Terminology can be explained in depth	I work very effectively with others I can lead a warm-up to a small group	I can use tactical/ compositional ideas in response to an opponent/ stimulus with some success.	I can solve basic problems independently and effectively.	I can recognise multiple strengths and weaknesses in my own and other work and identify ways to improve performance.
Demonstrating	Some knowledge and understanding Terminology can be explained but lacking any depth	I work effectively with others I can lead 1 other person in a warm-up	I can use basic tactical/ compositional ideas with consistent success.	I can solve basic problems with a partner	I can recognise strengths and weaknesses in my own and other work and identify some ways to improve performance.
Approaching	Limited knowledge and understanding. Uses everyday language to explain terminology	I can sometimes work effectively with others but still have disagreements I can lead 1 other person in a warm-up	I can use basic tactical / compositional ideas with some success.	I can solve very basic problems independently	I can give a basic evaluation of my own and others performance with use of key terms/words.
Working towards	Very limited knowledge and understanding Terminology is often confused	I find it difficult to work with others I can lead my own warm-up but lack confidence to lead others.	I can use basic tactical/ compositional ideas with limited success.	I can solve very basic problems but often need the teachers help to do so	I can give basic evaluations of my own and others performance with limited use of key terms/words.

	Resilience/Effort	Confidence	Health	Safety	Social Responsibility	Community Sports participation
Exceeding	Good effort shown. Most of the time.	Confident most of the time. Especially when situations/sports are familiar.	Good (2/3) Physical health Mental health Social health	I have a secure knowledge of safety aspects in a range of sports.	I can work independently I have the courage to resist peer pressure	I play more than 1 sport outside of school on a regular basis
Securing	Good effort shown. Some of the time.	Becomes more confident. I have taken the lead when asked but it makes me nervous.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can keep myself and others safe.	I have self-motivation and can motivate others. I co-operate with others all of the time	I play 1 sport outside of school on a regular basis
Demonstrating	My effort can be inconsistent but I mostly try my best.	Becoming more confident. Don't enjoy taking the lead.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can always keep myself safe.	I have self-motivation I co-operate with others most of the time	I play 1 sport outside of school
Approaching	I show minimal effort. I often quit if things get difficult.	Confidence is low. I occasionally show some confidence, but it is rare.	Poor (1/3) Physical health Mental health Social health	I can apply very basic safety concepts	I always show respect to others. I always display self-control	I play sport outside of school occasionally
Working towards	I often don't show the effort required for the task.	Confidence very low in most situations/sports. I don't take the lead.	Very Poor (0/3) Physical health Mental health Social health	I understand very basic safety concepts	I sometimes show respect to others I sometimes display self-control	I don't currently play sport outside of school

Assessment ladder

Year 8 – Physical Education

	Physical Competence	Competitive Ability	Fitness	Extra-Curricular Sports Participation
Exceeding	I can apply some advanced skills and techniques with control and fluency with some degree of success in a game/performance.	Contribution is mostly effective Contribution is sustained effectively for the whole game/performance.	I can apply advanced exercise techniques I can exercise for an extended period without fatigue. I can use all fitness components and fitness tests.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports and would like to do more.
Securing	I can apply a range of skills and techniques with control and fluency with some degree of success in a game/performance.	Contribution is effective. Contribution maintained for the majority of the game/performance.	I can apply intermediate exercise techniques. I can exercise for a reasonable period without fatigue. I can use most fitness components & fitness tests.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports
Demonstrating	I can apply a range of skills and techniques with control with some degree of success in game/performance.	Contribution is sometimes effective. Contribution is mostly sustained for the majority of the game/performance.	I can apply intermediate exercise techniques. I rarely get tired quickly. I can remember most fitness components and their tests.	I attend 1 extra-curricular PE activity on a regular basis and have tried others, but it is rare I do more than 1. I have represented the school in 1 sport on a regular basis.
Approaching	I can perform intermediate skills and sequences with control and some success in a game/performance.	Contribution is mostly evident. Contribution is sustained for aspects of the whole game/performance. Occasionally outwits opponents.	I can apply intermediate exercise techniques. I sometimes get tired quickly. I can remember most fitness components and fitness tests.	I attend 1 extra-curricular PE activity. I have represented the school in 1 sport.
Working towards	I can perform some intermediate skills and sequences with some control and some success in a game / performance.	Contribution is occasionally evident Contribution is seldom effective for the majority of the game/performance.	I can apply core exercise techniques. I sometimes get tired quickly. I can remember some fitness components and tests.	I attend extra-curricular PE activities, but it is rare. I don't currently represent the school in any sports but would like to in the future.

	Knowledge	Teamwork/ Leadership	Tactical/ Compositional	Problem Solving	Analysis/ Evaluation
Exceeding	Good, accurate and appropriate knowledge and understanding. Consistently accurate specialist terminology.	I work very well with others, often taking the lead to organise. I can lead on an element of my class warm-up.	I can use multiple tactical / compositional ideas in response to a changing opponent / stimulus.	I can solve very advanced problems independently and very effectively.	I can evaluate strengths and weaknesses in my own and others' work and implement ways to significantly improve performance.
Securing	Good knowledge and understanding. Mostly accurate specialist terminology used.	I work effectively with others, occasionally taking the lead to organise. I can lead on an element of my class warm-up.	I can use tactical / compositional ideas in response to an opponent/ stimulus with consistent success.	I can solve advanced problems independently and effectively	I can evaluate strengths and weaknesses in my own and others work and implement ways to improve performance.
Demonstrating	Some knowledge and understanding. Terminology can be explained in depth	I work very effectively with others. I can lead a warm-up to a small group	I can use tactical/ compositional ideas in response to an opponent/ stimulus with some success.	I can solve basic problems independently and effectively.	I can recognise multiple strengths and weaknesses in my own and other work and identify ways to improve performance.
Approaching	Some knowledge and understanding. Terminology can be explained but lacking any depth	I work effectively with others. I can lead 1 other person in a warm-up	I can use basic tactical/ compositional ideas with consistent success.	I can solve basic problems with a partner	I can recognise strengths and weaknesses in my own and other work and identify some ways to improve performance.
Working towards	Limited knowledge and understanding. Uses everyday language to explain terminology	I can sometimes work effectively with others but still have disagreements. I can lead 1 other person in a warm-up	I can use basic tactical / compositional ideas with some success.	I can solve very basic problems independently	I can give a basic evaluation of my own and others performance with use of key terms/words.

	Resilience/Effort	Confidence	Health	Safety	Social Responsibility	Community Sports participation
Exceeding	Excellent effort shown. Most of the time.	Good confidence. Some of the time.	Good (3/3) Physical health Mental health Social health	I fully understand safety aspects in a range of sports and implement these often.	I show care and compassion to others	I play more than 1 sport outside of school at a high level
Securing	Good effort shown. Most of the time.	Confident most of the time. Especially when situations/sports are familiar.	Good (2/3) Physical health Mental health Social health	I have a secure knowledge of safety aspects in a range of sports.	I can work independently I have the courage to resist peer pressure	I play more than 1 sport outside of school on a regular basis
Demonstrating	Good effort shown. Some of the time.	Becomes more confident. I have taken the lead when asked but it makes me nervous.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can keep myself and others safe.	I have self-motivation and can motivate others. I co-operate with others all of the time	I play 1 sport outside of school on a regular basis
Approaching	My effort can be inconsistent but I mostly try my best.	Becoming more confident. Don't enjoy taking the lead.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can always keep myself safe.	I have self-motivation I co-operate with others most of the time	I play 1 sport outside of school
Working towards	I show minimal effort. I often quit if things get difficult.	Confidence is low. I occasionally show some confidence, but it is rare.	Poor (1/3) Physical health Mental health Social health	I can apply very basic safety concepts	I always show respect to others. I always display self-control	I play sport outside of school occasionally

Assessment ladder

Year 9 – Physical Education

	Physical Competence	Competitive Ability	Fitness	Extra-Curricular Sports Participation
Exceeding	I can apply a range of advanced skills and techniques correctly with control and fluency with some degree of success in a game/performance.	Contribution is consistently effective. Contribution is sustained and moderately significant for the whole game/performance. Often outwits opponents.	I can adapt advanced exercise techniques. I can exercise for an extended period without fatigue. I can use all fitness components, tests and data to improve training.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports regularly. I have begun to take on leadership roles in extra-curricular sessions.
Securing	I can apply some advanced skills and techniques with control and fluency with some degree of success in a game/performance.	Contribution is mostly effective Contribution is sustained effectively for the whole game/performance.	I can apply advanced exercise techniques I can exercise for an extended period without fatigue. I can use all fitness components and fitness tests.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports and would like to do more.
Demonstrating	I can apply a range of skills and techniques with control and fluency with some degree of success in a game/performance.	Contribution is effective. Contribution maintained for the majority of the game/performance.	I can apply intermediate exercise techniques. I can exercise for a reasonable period without fatigue. I can use most fitness components & fitness tests.	I attend at least 2 extra-curricular PE activities on a regular basis. I represent the school in at least 2 sports
Approaching	I can apply a range of skills and techniques with control with some degree of success in game/performance.	Contribution is sometimes effective. Contribution is mostly sustained for the majority of the game/performance.	I can apply intermediate exercise techniques. I rarely get tired quickly. I can remember most fitness components and their tests.	I attend 1 extra-curricular PE activity on a regular basis and have tried others, but it is rare I do more than 1. I have represented the school in 1 sport on a regular basis.
Working towards	I can perform intermediate skills and sequences with control and some success in a game/performance.	Contribution is mostly evident. Contribution is sustained for aspects of the whole game/performance. Occasionally outwits opponents.	I can apply intermediate exercise techniques. I sometimes get tired quickly. I can remember most fitness components and fitness tests.	I attend 1 extra-curricular PE activity. I have represented the school in 1 sport.

	Knowledge	Teamwork/ Leadership	Tactical/ Compositional	Problem Solving	Analysis/ Evaluation
Exceeding	Excellent knowledge and understanding Uses excellent specialist terminology.	I work very well with others, often taking the lead to organise. I can lead my class in a full warm-up.	I can use multiple advanced tactical/compositional ideas in response to a changing opponent/stimulus.	I can solve complex and demanding problems independently and effectively	I can justify the strengths and weaknesses in my own and others work and implement ways to significantly improve performance.
Securing	Good, accurate and appropriate knowledge and understanding. Consistently accurate specialist terminology.	I work very well with others, often taking the lead to organise. I can lead on an element of my class warm-up.	I can use multiple tactical / compositional ideas in response to a changing opponent / stimulus.	I can solve very advanced problems independently and very effectively.	I can evaluate strengths and weaknesses in my own and others' work and implement ways to significantly improve performance.
Demonstrating	Good knowledge and understanding. Mostly accurate specialist terminology used.	I work effectively with others, occasionally taking the lead to organise I can lead on an element of my class warm-up.	I can use tactical / compositional ideas in response to an opponent/ stimulus with consistent success.	I can solve advanced problems independently and effectively	I can evaluate strengths and weaknesses in my own and others work and implement ways to improve performance.
Approaching	Some knowledge and understanding. Terminology can be explained in depth	I work very effectively with others I can lead a warm-up to a small group	I can use tactical/ compositional ideas in response to an opponent/ stimulus with some success.	I can solve basic problems independently and effectively.	I can recognise multiple strengths and weaknesses in my own and other work and identify ways to improve performance.
Working towards	Some knowledge and understanding Terminology can be explained but lacking any depth	I work effectively with others I can lead 1 other person in a warm-up	I can use basic tactical/ compositional ideas with consistent success.	I can solve basic problems with a partner	I can recognise strengths and weaknesses in my own and other work and identify some ways to improve performance.

	Resilience/Effort	Confidence	Health	Safety	Social Responsibility	Community Sports participation
Exceeding	Excellent effort shown. All of the time.	Good confidence. Most of the time.	Very good (3/3). Physical health. Mental health. Social health.	I fully understand safety aspects in a range of sports and implement these at all times.	I take the lead to promote social responsibilities in PE lessons	I play more than 1 sport outside of school at a high level. I have coached/officiated but it is rare.
Securing	Excellent effort shown. Most of the time.	Good confidence. Some of the time.	Good (3/3) Physical health Mental health Social health	I fully understand safety aspects in a range of sports and implement these often.	I show care and compassion to others	I play more than 1 sport outside of school at a high level
Demonstrating	Good effort shown. Most of the time.	Confident most of the time. Especially when situations/sports are familiar.	Good (2/3) Physical health Mental health Social health	I have a secure knowledge of safety aspects in a range of sports.	I can work independently I have the courage to resist peer pressure	I play more than 1 sport outside of school on a regular basis
Approaching	Good effort shown. Some of the time.	Becomes more confident. I have taken the lead when asked but it makes me nervous.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can keep myself and others safe.	I have self-motivation and can motivate others. I co-operate with others all of the time	I play 1 sport outside of school on a regular basis
Working towards	My effort can be inconsistent but I mostly try my best.	Becoming more confident. Don't enjoy taking the lead.	Average (2/3) Physical health Mental health Social health	I have developed my safety knowledge in PE and can always keep myself safe.	I have self-motivation I co-operate with others most of the time	I play 1 sport outside of school