



Edgbarrow School KS3 assessment from September 2016 – HEAD, HEART, HANDS approach – Generic Sports

	<u>HEAD -THINKING</u>	<u>HEART – FEELING/ATTITUDE/APPROACH</u>	<u>HANDS - DOING</u>
<u>LEVEL 1</u>	<ul style="list-style-type: none">• Able to name some positions in the sport• Understand how to score / umpire• Understand very basic rules	<ul style="list-style-type: none">• Understand and demonstrate the importance of regular participation in PE lessons• Understand importance of consistency bringing the correct PE kit and equipment to PE lessons.	<ul style="list-style-type: none">• Able to hold the ball / equipment in 2 hands without dropping.• Can catch the ball from a short distance the majority time when stationary.• Understand how to hold equipment properly.• Can move in the manner appropriate for the activity.
<u>LEVEL 2</u>	<ul style="list-style-type: none">• Can participate in a small sided game• Understands the very basic rules.• Knows where the boundaries of the pitch / court they are to work in	<ul style="list-style-type: none">• Listen carefully to the teachers instructions and follow them first time.• Volunteer to answer questions from the teacher without being prompted.	<ul style="list-style-type: none">• Can pass the ball over a short distance to a partner.• Can catch the ball over a short distance the majority of the time.• Can run with the ball and pass backwards whilst moving.• Can follow basic instructions given by the teacher.
<u>LEVEL 3</u>	<ul style="list-style-type: none">• Can describe the basic technique for the different skills in the given sport• Knows when to perform the above techniques in a game / performance.• Has an understanding of the basic rules of the game.	<ul style="list-style-type: none">• Participate fully in all PE lesson with 100% effort and enthusiasm.• Listen carefully to the teachers feedback and try to put into practice corrections they suggest	<ul style="list-style-type: none">• Can perform the basic technique for the different skills in each activity.• Can perform these skills to some degree in a small sided game.• Uses basic tactics in a game situation to outwit opponents.• Can use timing as appropriate to the activity
<u>LEVEL 4</u>	<ul style="list-style-type: none">• Have a good understanding of the rules of the game.• Use of basic tactics to outwit the opposition.• Understand what elements make up a positive performance and think about what can be done to improve your own.	<ul style="list-style-type: none">• Take part in activities outside of lessons to develop skills, fitness and wellbeing.• Encourage others to participate regularly in sports outside of PE lessons• Understand, identify and demonstrate some of the components of fitness required for each sport.	<ul style="list-style-type: none">• Use a range of skills and techniques with good technique in order to enhance their team's performance during games.• Can pass with accuracy at pace.• Can play a full sided game knowing where to position themselves at different times• Can create a routine with correct timing
<u>LEVEL 5</u>	<ul style="list-style-type: none">• Recognise patterns of play and use more difficult tactics to enhance game play.• Begins to show understanding of how to pull off more complex moves within games / performances.• Has a good knowledge of the rules.• Analyse your own and other performance suggesting obvious weakness and corrective measures.	<ul style="list-style-type: none">• Consistently show outstanding effort and enthusiasm in lesson.• Always in correct PE kit and understand• Enthusiastic and helpful with taking out/bringing in kit and equipment.• Understands the importance of looking after PE equipment safely and sensibly	<ul style="list-style-type: none">• Can anticipate game play and move into various positions on the field to counter attacks.• Can put more complex passing sequences into play during practices.• Use appropriate skills to gain an advantage.• Can create more complex routines in gym / dance.

<u>LEVEL 6</u>	<ul style="list-style-type: none"> Start to organise team mates in order to position themselves for stronger attack and defence Analyse how skills/techniques have been used to outwit opponent(s) in a game describing the impact of each. Suggest ways to improve. Understands what all the different marking on the pitch mean. 	<ul style="list-style-type: none"> Understand the importance of and show good speed, power, reaction time, agility, flexibility, timing, co-ordination, and cardiovascular fitness in a game situation Display a mental determination to outwit your opponent and be competitive in a game of tennis 	<ul style="list-style-type: none"> Can do basic skills to a good standard, incorporating these into game situations, using knowledge to start to lead teams.
<u>LEVEL 7</u>	<ul style="list-style-type: none"> Lead/officialise full pitch matches showing a good understanding of rules. Show advanced knowledge of tactics when performing at maximum, including roles/responsibilities on pitch in attacking/defensive plays. Using this knowledge to analyse and evaluate a player's performance. Have a solid understanding of complex moves in gym / dance. 	<ul style="list-style-type: none"> Develop own speed, power, reactions, agility, flexibility, timing, co-ordination, cardiovascular fitness. Show determination and desire to achieve success and beat opponent in any competitive situation. 	<ul style="list-style-type: none"> Select and use advanced skills and techniques in different positions or routines, showing a good knowledge of tactics and incorporating these into the game. Begin to organise others in games / performances.
<u>LEVEL 8</u>	<ul style="list-style-type: none"> Lead others in activities/warm ups and be able to individually set up practices and enhance other student's performances and learning. Critically evaluate the quality of your own and others' tactics and skills when outwitting opponents, showing that you understand and suggest ways how skills, strategies and tactics can affect the quality of performance. 	<ul style="list-style-type: none"> Know and understand how to maintain and develop strength, speed, flexibility, endurance, cardiovascular fitness in order to improve. Display high motivational attributes which can lift self and others when confidence is low or a player are struggling. 	<ul style="list-style-type: none"> Consistently show high standards of precision, control, fluency and originality and disguise, when performing. Use speed, power and skills to beat opponents as an individual and alongside teammates during attack Rarely make mistakes.
<u>LEVEL 9</u>	<ul style="list-style-type: none"> Plan and perform a safe and professional fitness training programme for your given sport Consistently evaluate your own and others' performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect the quality and outcome of the performance 	<ul style="list-style-type: none"> Consistently use and regularly train to maintain and improve speed, power, reactions, agility, flexibility, timing, co-ordination, endurance and cardiovascular fitness to dominate in sports amongst peers. Use appropriate motivational qualities to deal with mental problems in yourself and others which will consistently influence performance in a positive way. 	<ul style="list-style-type: none"> Consistently use and apply advanced ball skills, techniques and ideas when outwitting opponents, always showing high standards of precision, control, fluency and originality in all areas with very few or no unforced errors. Consistently apply advanced strategies and tactics with proficiency, flair and originality that are specific to the opposition and conditions