

## Year 7 Physical Education Assessment Grid

<b>Target Grades</b>	<b>Technique &amp; Skills</b>	<b>Strategies, Tactics &amp; Creativity</b>	<b>Health &amp; Fitness</b>	<b>Analysis of Performance</b>	<b>Competition and School Sport</b>
<b>Y7.9</b>	<p>Can select and <b>perform all skills</b> and techniques within <b>all</b> activities.</p> <p>Can perform all skills with <b>consistency</b>, control and accuracy.</p> <p>Can demonstrate a <b>very good</b> level of performance within <b>all</b> activities.</p>	<p>Can <b>apply principles</b> of strategies and tactics to <b>all</b> activities.</p> <p>Can adapt strategies and tactics with <b>success</b> in response to <b>all</b> changing circumstances.</p> <p>Can demonstrate creativity in <b>all</b> activities.</p>	<p>Can <b>understand most</b> of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can <b>use</b> this knowledge with <b>help</b> to improve fitness appropriate to an activity.</p> <p>Can show a <b>very good understanding</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can perform a sport-specific <b>individual and partner</b> warm-up <b>with accuracy</b>.</p>	<p>Can <b>analyse and evaluate</b> their own and others' work, showing that they understand how skills, tactics, composition and fitness relate to the quality of the performance.</p> <p>Can <b>carry out an action plan</b> to improve their own and others' performance.</p>	<p>Can perform <b>more than one</b> activity at <b>local club and school team level</b> within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at <b>County</b> or <b>Academy/Centre of Excellence</b> level.</p>
<b>Y7.8</b>	<p>Can select and <b>perform most skills</b> and techniques within a <b>range</b> of activities.</p> <p>Can perform a <b>variety</b> of skills with <b>some</b> consistency, control and accuracy.</p> <p>Can demonstrate a <b>good</b> level of performance within <b>most</b> activities.</p>	<p>Can <b>apply principles</b> of strategies and tactics with success in a <b>range</b> of activities.</p> <p>Can adapt strategies and tactics with <b>success</b> in response to <b>most</b> changing circumstances.</p> <p>Can demonstrate creativity in <b>most</b> activities.</p>	<p>Can <b>understand most</b> of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can <b>use</b> this knowledge with <b>help</b> to improve fitness appropriate to an activity.</p> <p>Can show <b>good understanding</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can perform an <b>individual</b> warm-up <b>with accuracy</b>.</p>	<p>Can <b>analyse and evaluate with help</b> their own and others' work, showing that they understand how skills, tactics, composition and fitness relate to the quality of the performance.</p> <p>Can <b>plan</b> ways to improve their own and others' performance.</p>	<p>Can perform <b>more than one</b> activity at <b>local club and school team level</b> within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at <b>County and Mid-Cheshire</b> levels.</p>
<b>Y7.7</b>	<p>Can select and perform <b>simple</b> skills and techniques within <b>most</b> activities.</p> <p>Can perform skills with <b>some</b> consistency, control and accuracy.</p> <p>Can demonstrate a <b>good</b> level of performance within <b>most</b> activities.</p>	<p>Can apply <b>principles</b> of strategies and tactics with <b>success</b> within <b>most</b> activities.</p> <p>Can adapt strategies and tactics with <b>some success</b> in response to changing circumstances.</p> <p>Can demonstrate creativity in <b>some</b> activities.</p>	<p>Can show <b>some understanding of the benefits</b> of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show <b>understanding</b> of how to improve general fitness.</p> <p>Can <b>understand</b> what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can perform an <b>individual</b> warm-up with <b>some</b> accuracy.</p>	<p>Can <b>analyse and comment</b> on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance.</p> <p>Can <b>suggest</b> ways to improve their own performance.</p>	<p>Can perform <b>one</b> activity at <b>local club and school team level</b> within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at <b>Mid-Cheshire</b> levels.</p>

<p><b>Y7.6</b></p>	<p>Can select and perform <b>some simple</b> skills and techniques within <b>most</b> activities.</p> <p>Can perform <b>simple</b> skills with <b>consistency</b> and control.</p> <p>Can demonstrate a <b>simple</b> level of performance within <b>some</b> activities.</p>	<p>Can apply <b>simple principles</b> of strategies and tactics with <b>success</b>.</p> <p>Can adapt strategies and tactics with <b>some success</b> in response to <b>some</b> changing circumstances.</p> <p>Can demonstrate <b>some</b> creativity in <b>some</b> activities.</p>	<p>Can show <b>simple understanding of the benefits</b> of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show <b>some understanding</b> of how to improve general fitness <b>with peer support</b>.</p> <p>Can <b>understand some</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can <b>follow</b> a <b>sport-specific</b> warm up accurately.</p>	<p>Can <b>compare and comment on some</b> skills, techniques and ideas used in their own and others' work, and use this understanding to improve <b>their own performance</b>.</p>	<p>Can <b>perform more than one</b> activity within their chosen sport(s) at a competitive level.</p> <p>Is representing the <b>school</b>.</p>
<p><b>Y7.5</b></p>	<p>Can select <b>simple skills</b> and techniques within <b>some</b> activities.</p> <p>Can perform <b>simple</b> skills with <b>some consistency</b>.</p> <p>Can demonstrate a <b>limited</b> level of performance within <b>some</b> activities.</p>	<p>Can apply <b>simple principles</b> of strategies and tactics with <b>some success</b>.</p> <p>Can adapt strategies and tactics with <b>some success</b> in response to <b>some</b> changing circumstances <b>with peer support</b>.</p> <p>Can demonstrate <b>some</b> creativity in <b>some</b> activities with <b>peer support</b>.</p>	<p>Can show <b>some simple understanding of the benefits</b> of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show <b>some understanding</b> of how to improve general fitness <b>with teacher support</b>.</p> <p>Can show <b>some understanding</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can <b>follow</b> a warm up with accuracy.</p>	<p>Can understand with <b>peer support</b> how their work is similar to and different from others' work, and use this understanding to <b>attempt to improve their own performance</b>.</p>	<p>Can perform <b>two or more</b> activities within their chosen sport in their recreational time.</p> <p>Attends <b>more than one</b> extra-curricular activity in school.</p>
<p><b>Y7.4</b></p>	<p>Can select <b>some simple skills</b> and techniques within a <b>limited</b> number of activities.</p> <p>Can perform <b>some simple</b> skills with <b>limited consistency</b>.</p> <p>Can demonstrate a <b>limited</b> level of performance within <b>limited</b> activities.</p>	<p>Can apply <b>some simple principles</b> of strategies and tactics with <b>some success</b>.</p> <p>Can adapt strategies and tactics with <b>some success</b> in response to <b>some</b> changing circumstances <b>with teacher support</b>.</p> <p>Can demonstrate <b>some</b> creativity in <b>some</b> activities with <b>teacher support</b>.</p>	<p>Can show <b>limited understanding of the benefits</b> of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show <b>limited understanding</b> of how to improve general fitness <b>with teacher support</b>.</p> <p>Can show <b>limited understanding</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can <b>follow</b> a warm up with <b>some</b> accuracy.</p>	<p>Can understand with <b>teacher support</b> how their work is similar to and different from others' work, and use this understanding to <b>attempt to improve their own performance</b>.</p>	<p>Can perform <b>one</b> activity within their chosen sport in their recreational time.</p> <p>Attends <b>one</b> extra-curricular activity in school.</p>

<b>Y7.3</b>	<p>Can select <b>some simple skills</b> and techniques within a <b>limited</b> number of activities <b>when assisted</b> by a teacher.</p> <p>Can perform <b>with help some simple</b> skills with <b>limited consistency</b>.</p> <p>Can demonstrate a <b>very limited</b> level of performance within <b>limited</b> activities.</p>	<p>Can apply <b>some simple principles</b> of strategies and tactics with <b>some success when assisted by a teacher</b>.</p> <p>Can adapt <b>some</b> strategies and tactics with <b>some success</b> in response to <b>some</b> changing circumstances <b>with teacher support</b>.</p> <p>Can demonstrate <b>some</b> creativity in <b>some</b> activities with <b>teacher support</b>.</p>	<p>Can show <b>very limited understanding of the benefits</b> of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show <b>very limited understanding</b> of how to improve general fitness <b>with teacher support</b>.</p> <p>Can show <b>very limited understanding</b> of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can <b>follow</b> a warm up with <b>some</b> accuracy <b>when assisted</b> by a teacher.</p>	<p>Can show <b>some</b> understand with <b>teacher support</b> how their work is similar to and different from others' work, and use this understanding to <b>attempt to</b> improve <b>their own performance</b>.</p>	<p>Can perform an activity with <b>some</b> success within their chosen sport in their recreational time.</p> <p>Attends <b>one</b> extra-curricular activity in school.</p>
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