

Year 8 Physical Education Assessment Grid

| Target Grades | Technique & Skills | Tactics, Strategies & Creativity | Health & Fitness | Analysis of Performance | Competition and School Sport |
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| Y8.9 | <p>Can select and perform advanced skills and techniques under control and with fluency.</p> <p>Can perform a variety of skills with consistent control, accuracy and success.</p> <p>Can demonstrate a high level of performance within all activities.</p> | <p>Can apply advanced principles of strategies and tactics.</p> <p>Can adapt them in response to changing situations and circumstances.</p> <p>Can demonstrate creativity in all activities and competitive situations.</p> | <p>Can understand all of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can use this knowledge with some help to improve different components of fitness appropriate to an activity.</p> <p>Can understand what constitutes good health and why it is important to lead a balance, active and healthy lifestyle.</p> <p>Can perform a sport-specific individual, partner and small group warm-up with accuracy.</p> | <p>Can critically analyse and evaluate their own and others' work, showing that they understand the impact of skills, strategy, tactics or composition and fitness on the quality and effectiveness of performance.</p> <p>Can use information to plan and monitor ways in which their own and others' performance could be improved, acting on these decisions to bring about these improvements.</p> | <p>Can perform one activity at local club and school team level within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at National, County and Regional or Academy/Centre of Excellence level.</p> |
| Y8.8 | <p>Can select and perform all skills and techniques within all activities.</p> <p>Can perform all skills with consistency, control and accuracy.</p> <p>Can demonstrate a very good level of performance within all activities.</p> | <p>Can apply principles of strategies and tactics to all activities.</p> <p>Can adapt strategies and tactics with success in response to all changing circumstances.</p> <p>Can demonstrate creativity in all activities.</p> | <p>Can understand most of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can use this knowledge with help to improve fitness appropriate to an activity.</p> <p>Can show a very good understanding 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 individual and partner warm-up with accuracy.</p> | <p>Can analyse and evaluate 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 carry out an action plan to improve their own and others' performance.</p> | <p>Can perform more than one activity at local club and school team level within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at County or Academy/Centre of Excellence level.</p> |
| Y8.7 | <p>Can select and perform most skills and techniques within a range of activities.</p> <p>Can perform a variety of skills with some consistency, control and accuracy.</p> <p>Can demonstrate a good level of performance within most activities.</p> | <p>Can apply principles of strategies and tactics with success in a range of activities.</p> <p>Can adapt strategies and tactics with success in response to most changing circumstances.</p> <p>Can demonstrate creativity in most activities.</p> | <p>Can understand most of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can use this knowledge with help to improve fitness appropriate to an activity.</p> <p>Can show good understanding of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can perform an individual warm-up with accuracy.</p> | <p>Can analyse and evaluate with help 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 plan ways to improve their own and others' performance.</p> | <p>Can perform more than one activity at local club and school team level within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at County and Mid-Cheshire levels.</p> |

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| <p>Y8.6</p> | <p>Can select and perform simple skills and techniques within most activities.</p> <p>Can perform skills with some consistency, control and accuracy.</p> <p>Can demonstrate a good level of performance within most activities.</p> | <p>Can apply principles of strategies and tactics with success within most activities.</p> <p>Can adapt strategies and tactics with some success in response to changing circumstances.</p> <p>Can demonstrate creativity in some activities.</p> | <p>Can show some understanding of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show understanding of how to improve general fitness.</p> <p>Can understand what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can perform an individual warm-up with some accuracy.</p> | <p>Can analyse and comment 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 suggest ways to improve their own performance.</p> | <p>Can perform one activity at local club and school team level within their chosen sport(s) at a competitive level.</p> <p>Is performing activities at Mid-Cheshire levels.</p> |
| <p>Y8.5</p> | <p>Can select and perform some simple skills and techniques within most activities.</p> <p>Can perform simple skills with consistency and control.</p> <p>Can demonstrate a simple level of performance within some activities.</p> | <p>Can apply simple principles of strategies and tactics with success.</p> <p>Can adapt strategies and tactics with some success in response to some changing circumstances.</p> <p>Can demonstrate some creativity in some activities.</p> | <p>Can show simple understanding of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show some understanding of how to improve general fitness with peer support.</p> <p>Can understand some of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can follow a sport-specific warm up accurately.</p> | <p>Can compare and comment on some skills, techniques and ideas used in their own and others' work, and use this understanding to improve their own performance.</p> | <p>Can perform more than one activity within their chosen sport(s) at a competitive level.</p> <p>Is representing the school.</p> |
| <p>Y8.4</p> | <p>Can select simple skills and techniques within some activities.</p> <p>Can perform simple skills with some consistency.</p> <p>Can demonstrate a limited level of performance within some activities.</p> | <p>Can apply simple principles of strategies and tactics with some success.</p> <p>Can adapt strategies and tactics with some success in response to some changing circumstances with peer support.</p> <p>Can demonstrate some creativity in some activities with peer support.</p> | <p>Can show some simple understanding of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can show some understanding of how to improve general fitness with teacher support.</p> <p>Can show some understanding of what constitutes good health and why it is important to lead a balanced, active and healthy lifestyle.</p> <p>Can follow a warm up with accuracy.</p> | <p>Can understand with peer support how their work is similar to and different from others' work, and use this understanding to attempt to improve their own performance.</p> | <p>Can perform two or more activities within their chosen sport in their recreational time.</p> <p>Attends more than one extra-curricular activity in school.</p> |