

# Year 9 Physical Education Assessment Grid

Target Grades	Technique & Skills	Tactics, Strategies & Creativity	Health & Fitness	Analysis of Performance	Competition and School Sport
<b>Y9.9</b>	<p>Can select and <b>perform advanced</b> skills and techniques under control with <b>fluency</b> and <b>flair</b>.</p> <p>Can perform a <b>wide variety</b> of skills with <b>consistent</b> control, accuracy and success.</p> <p>Can demonstrate an <b>exceptionally high</b> level of performance within a <b>range</b> of activities.</p>	<p>Can <b>consistently</b> apply <b>advanced</b> principles of strategies and tactics.</p> <p>Can adapt them <b>accurately</b> in response to <b>changing</b> situations and circumstances.</p> <p>Can demonstrate creativity in <b>all</b> activities and <b>competitive situations</b> and achieving <b>success</b>.</p>	<p>Can <b>understand</b> and <b>explain</b> the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can <b>use</b> this knowledge <b>independently</b> to improve different components of fitness appropriate to different activities.</p> <p>Can <b>understand</b> what <b>constitutes</b> good health and <b>why</b> it is importance to <b>lead</b> a balanced, active and healthy lifestyle.</p> <p>Can perform and lead a sport-specific <b>individual, partner</b> and <b>group</b> warm-up <b>with accuracy</b>.</p>	<p>Can critically <b>analyse</b> and <b>evaluate</b> their own and others' work, showing that they understand how skills, strategy, tactics or composition and fitness relate to and affect the quality and originality of performance in different physical activities.</p> <p>Can reach judgements <b>independently</b> about how their own and others' performance could be improved, <b>prioritising</b> aspects for further development.</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>National, County</b> and <b>Regional</b> or <b>Academy/Centre of Excellence</b> level.</p>
<b>Y9.8</b>	<p>Can select and perform <b>advanced</b> skills and techniques under control and with fluency.</p> <p>Can perform a <b>variety</b> of skills with consistent control, accuracy and success.</p> <p>Can demonstrate a <b>high</b> level of performance within <b>all</b> activities.</p>	<p>Can apply <b>advanced</b> principles of strategies and tactics.</p> <p>Can adapt them in response to <b>changing</b> situations and circumstances.</p> <p>Can demonstrate creativity in <b>all</b> activities and <b>competitive situations</b>.</p>	<p>Can <b>understand all</b> of the benefits of regular planned exercise on physical, mental and social wellbeing.</p> <p>Can <b>use</b> this knowledge with <b>some help</b> to improve different components of fitness appropriate to an activity.</p> <p>Can understand what <b>constitutes good health</b> and <b>why</b> it is important to lead a balance, active and healthy lifestyle.</p> <p>Can perform a sport-specific <b>individual, partner</b> and <b>small group</b> warm-up <b>with accuracy</b>.</p>	<p>Can <b>critically analyse and evaluate</b> 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 <b>plan</b> and <b>monitor</b> ways in which their own and others' performance could be improved, acting on these decisions to bring about these improvements.</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>National, County</b> and <b>Regional</b> or <b>Academy/Centre of Excellence</b> level.</p>
<b>Y9.7</b>	<p>Can select and <b>perform all</b> skills 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</b> and <b>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>

<p><b>Y9.6</b></p>	<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 with <b>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>
<p><b>Y9.5</b></p>	<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</b> <b>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>Y9.4</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</b> <b>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>