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| **Physical Education**  **KEY STAGE THREE ASSESSMENT FRAMEWORK, YEAR 7** | | | | | |
| **Learning Focus** | **Milestone 1** | **Milestone 2** | **Milestone 3** | **Milestone 4** | **Milestone 5** |
| **Emerging** | **Developing** | **Securing** | **Mastering** | **Beyond** |
| **Skills and Techniques**    **Demonstrate skills in physical activity and sport (individual and team), applying appropriate technique(s)** | |  | | --- | | **I can:**  demonstrate basic skills such as throwing and catching with limited control and accuracy | | **I can:**  demonstrate a range of basic skills with more control, accuracy and some fluency within drills, although these can often break down | **I can:**  demonstrate more complex skills with some control, although I might make mistakes, resulting in a break down of skill. I will be trying these skills in drills and conditioned games | **I can:**  demonstrate more complex skills with greater control and consistency to help beat my opponent in either drills or conditioned games. These skills may sometimes break down under pressure | **I can:**  demonstrate complex and transferable skills consistently within drills and conditioned games to effectively beat my opponent(s) |
| **Strategies/Tactics**  **Demonstrate and apply appropriate decision making skills, strategies within physical activity and sport, taking into account personal strengths and weaknesses, and of others** | **I can:**  contribute to basic strategies and ideas that are suggested to me, allowing me to perform a role within a team or individual activity | **I can:**  use basic strategies and ideas within my performance to allow my contribution to be performed with control whilst reacting to others | **I can:**  use a range of more complex strategies and ideas to control my contribution to an activity and gain an advantage over others | **I can:**  use and develop more complex strategies and ideas to overcome opponents in team and individual games, whilst demonstrating control and consistency to take advantage of my own (and team’s) strengths | **I can:**  use and develop a range of complex strategies and ideas to consistently and effectively take advantage of my own (and team’s) strengths, whilst recognising the weaknesses of opponents |
| **Leadership**  **Using communication and leadership skills, demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity** **and sport** | **I can:**  work with others to complete a task, whilst followingbasic instructions | **I can:**  communicate basic ideas whilst demonstrating control (listening) to help solve problems | **I can:**  show leadership skills through communicating more complex ideas to help myself and others achieve success.  show control through listening and working with others | **I can:**  consistently show leadership skills, such as communication and cooperation, to develop my own or team performance to be successful whilst using more complex ideas with control | **I can:**  consistently use my leadership skills, such as communication and cooperation, to be an effective leader that ensures complex ideas are performed successfully |
| **Fitness**  **Use appropriate fitness types (eg strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance.** | **I have:**  a basic understanding that exercise is part of a healthy lifestyle, and can demonstrate the components of fitness | **I have:**  a basic understanding of the components of fitness and will be able to name some, whilst performing them with control | **I have:**  a more complex understanding of the components of fitness and can make links between them and the exercises, which are performed with control | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and with control under test conditions | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and be effective in the set up and delivery of fitness tests |
| **Analysis of Performance**  **Analyse and evaluate performance to bring about personal improvement in physical activity and sport** | **I can:**  identifybasic strengths and weaknesses of my own performance and that of others | **I can:**  take control over describing basic strengths and weaknesses of my own performance and that of others | **I can:**  take control over explaining more complex strengths and weaknesses of my own performance and that of others | **I can:**  consistently make more complexjudgements on the strengths and weaknesses of my own performance and that of others, whilst taking control through suggesting improvements | **I can:**  consistently make more complex judgements on the strengths and weaknesses of my own performance and that of others, whilst justifying the effectiveness of my suggestions for improvement |
| **Health and Safety**  **Understand ‘rules’, health and safety guidelines and ‘fair play’ in physical activity and sport** | **I have:**  a basicunderstanding of the rules regarding safety in PE and sport | **I have:**  a basic understanding of the rules regarding safety in PE and sport and can control myself accordingly | **I have**  a more complex understanding of a range of rules and safety considerations in PE and sport and control myself accordingly | **I have:**  a more complex understanding of a range of rules and safety considerations in PE and sport and consistently control myself accordingly | \_ |

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| **Physical Education**  **KEY STAGE THREE ASSESSMENT FRAMEWORK, YEAR 8** | | | | | |
| **Learning Focus** | **Milestone 1** | **Milestone 2** | **Milestone 3** | **Milestone 4** | **Milestone 5** |
| **Emerging** | **Developing** | **Securing** | **Mastering** | **Beyond** |
| **Skills and Techniques**    **Demonstrate skills in physical activity and sport (individual and team), applying appropriate technique(s).** | **I can:**  demonstrate a range of basic skills with more control, accuracy and some fluency within drills, although these can often break down | **I can:**  demonstrate more complex skills with some control, although I might make mistakes, resulting in a break down of skill. I will be trying these skills in drills and conditioned games | **I can:**  demonstrate more complex skills with greater control and consistency to help beat my opponent in either drills or conditioned games. These skills may sometimes break down under pressure | **I can:**  demonstrate complex and transferable skills consistently within drills and conditioned games to effectively beat my opponent(s) | **I can:**  demonstrate a range of advanced, transferable skills that allow me to effectively beat my opponent(s) whilst under increasing pressure |
| **Strategies/Tactics**  **Demonstrate and apply appropriate decision making skills, strategies within physical activity and sport, taking into account personal strengths and weaknesses, and of others.** | **I can:**  use basic strategies and ideas within my performance to allow my contribution to be performed with control whilst reacting to others | **I can:**  use a range of more complex strategies and ideas to control my contribution to an activity and gain an advantage over others | **I can:**  use and develop more complex strategies and ideas to overcome opponents in team and individual games, whilst demonstrating control and consistency to take advantage of my own (and team’s) strengths | **I can:**  use and develop a range of complex strategies and ideas to consistently and effectively take advantage of my own (and team’s) strengths, whilst recognising the weaknesses of opponents | **I can:**  use advanced strategies and ideas to effectively make use of my own (and team’s) strengths, whilst taking advantage of the weaknesses of my opponent |
| **Leadership**  **Using communication and leadership skills, demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity** **and sport.** | **I can:**  communicate basic ideas whilst demonstrating control (listening) to help solve problems | **I can:**  show leadership skills through communicating more complex ideas to help myself and others achieve success.  show control through listening and working with others | **I can:**  consistently show leadership skills, such as communication and cooperation, to develop my own or team performance to be successful whilst using more complex ideas with control | **I can:**  consistently use my leadership skills, such as communication and cooperation, to be an effective leader that ensures complex ideas are performed successfully | **I can:**  develop advanced ideas and communicate these clearly to allow me to be an effective leader and impact the performance of others |
| **Fitness**  **Use appropriate fitness types (eg strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance.** | **I have:**  a basic understanding of the components of fitness and will be able to name some, whilst performing them with control | **I have:**  a more complex understanding of the components of fitness and can make links between them and the exercises, which are performed with control | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and with control under test conditions | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and be effective in the set up and delivery of fitness tests | **I have:**  an advanced understanding of the components of fitness and the links/effects to different body systems; I can apply this effectively to develop training ideas, whilst also being able to set up and deliver fitness tests to myself and others |
| **Analysis of Performance**  **Analyse and evaluate performance to bring about personal improvement in physical activity and sport** | **I can:**  take control over describing basic strengths and weaknesses of my own performance and that of others | **I can:**  take control over explaining more complex strengths and weaknesses of my own performance and that of others | **I can:**  consistently make more complexjudgements on the strengths and weaknesses of my own performance and that of others, whilst taking control through suggesting improvements | **I can:**  consistently make more complex judgements on the strengths and weaknesses of my own performance and that of others, whilst justifying the effectiveness of my suggestions for improvement | **I can:**  analyse and evaluate performances observations to be effective in bringing about improvement in myself and others. |
| **Health and Safety**  **Understand ‘rules’, health and safety guidelines and ‘fair play’ in physical activity and sport** | **I have:**  a basic understanding of the rules regarding safety in PE and sport and can control myself accordingly | **I have**  a more complex understanding of a range of rules and safety considerations in PE and sport and control myself accordingly | **I have:**  a more complex understanding of a range of rules and safety considerations in PE and sport and consistently control myself accordingly | \_ | \_ |

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| **Physical Education**  **KEY STAGE THREE ASSESSMENT FRAMEWORK, YEAR 9** | | | | | |
| **Learning Focus** | **Milestone 1** | **Milestone 2** | **Milestone 3** | **Milestone 4** | **Milestone 5** |
| **Emerging** | **Developing** | **Securing** | **Mastering** | **Beyond** |
| **Skills and Techniques**    **Demonstrate skills in physical activity and sport (individual and team), applying appropriate technique(s).** | **I can:**  demonstrate more complex skills with some control, although I might make mistakes, resulting in a break down of skill. I will be trying these skills in drills and conditioned games | **I can:**  demonstrate more complex skills with greater control and consistency to help beat my opponent in either drills or conditioned games. These skills may sometimes break down under pressure | **I can:**  demonstrate complex and transferable skills consistently within drills and conditioned games to effectively beat my opponent(s) | **I can:**  demonstrate a range of advanced, transferable skills that allow me to effectively beat my opponent(s) whilst under increasing pressure | I can:  demonstrate a range of advanced, transferable skills that allow me to effectively beat my opponent(s), often with originality and under high levels of pressure. |
| **Strategies/Tactics**  **Demonstrate and apply appropriate decision making skills, strategies within physical activity and sport, taking into account personal strengths and weaknesses, and of others.** | **I can:**  use a range of more complex strategies and ideas to control my contribution to an activity and gain an advantage over others | **I can:**  use and develop more complex strategies and ideas to overcome opponents in team and individual games, whilst demonstrating control and consistency to take advantage of my own (and team’s) strengths | **I can:**  use and develop a range of complex strategies and ideas to consistently and effectively take advantage of my own (and team’s) strengths, whilst recognising the weaknesses of opponents | **I can:**  use advanced strategies and ideas to effectively make use of my own (and team’s) strengths, whilst taking advantage of the weaknesses of my opponent | **I can:**  use advancedstrategies and ideas that are effective and, even under highlevels of pressure, can make use of my own (and team’s) strengths, whilst taking advantage of the weakness of my opponent. |
| **Leadership**  **Using communication and leadership skills, demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity** **and sport** | **I can:**  show leadership skills through communicating more complex ideas to help myself and others achieve success.  show control through listening and working with others | **I can:**  consistently show leadership skills, such as communication and cooperation, to develop my own or team performance to be successful whilst using more complex ideas with control | **I can:**  consistently use my leadership skills, such as communication and cooperation, to be an effective leader that ensures complex ideas are performed successfully | **I can:**  develop advanced ideas and communicate these clearly to allow me to be an effective leader and impact the performance of others | **I can:**  create and communicate advanced ideas that demonstrate effective leadership within changing situations and under high levels of pressure. |
| **Fitness**  **Use appropriate fitness types (eg strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance.** | **I have:**  a more complex understanding of the components of fitness and can make links between them and the exercises, which are performed with control | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and with control under test conditions | **I have:**  a more complex understanding of the components of fitness and the links/effects to different body systems, and can perform the components consistently and be effective in the set up and delivery of fitness tests | **I have:**  an advanced understanding of the components of fitness and the links/effects to different body systems; I can apply this effectively to develop training ideas, whilst also being able to set up and deliver fitness tests to myself and others | **I have:**  an advanced understanding of the components of fitness, which I can apply to the different body systems and training methods, whilst utilising high levels of pressure to be effective in bringing about an improvement in my own performance when delivering tests. |
| **Analysis of Performance**  **Analyse and evaluate performance to bring about personal improvement in physical activity and sport** | **I can:**  take control over explaining more complex strengths and weaknesses of my own performance and that of others | **I can:**  consistently make more complexjudgements on the strengths and weaknesses of my own performance and that of others, whilst taking control through suggesting improvements | **I can:**  consistently make more complex judgements on the strengths and weaknesses of my own performance and that of others, whilst justifying the effectiveness of my suggestions for improvement | **I can:**  analyse and evaluate performances observations to be effective in bringing about improvement in myself and others. | **I can:**  analyse and evaluate performances, under high levels of pressure, using observations to be effective in bringing about improvement in myself and others |
| **Health and Safety**  **Understand ‘rules’, health and safety guidelines and ‘fair play’ in physical activity and sport** | **I have**  a more complex understanding of a range of rules and safety considerations in PE and sport and control myself accordingly | **I have:**  a more complex understanding of a range of rules and safety considerations in PE and sport and consistently control myself accordingly | \_ | \_ | \_ |