

STONEHENGE SPORT

Assessment model for Yr7-Yr9

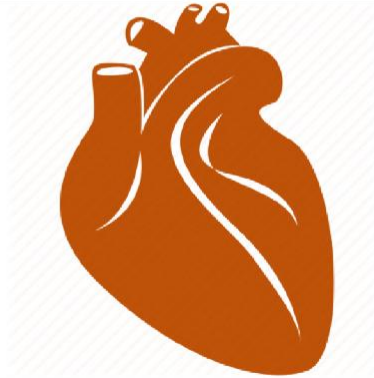
Dear reader,
The PE department are trialing a new assessment method this academic year, please see the pages below that will break down the Head, Heart and Hands (HHH) approach. All pupils in Yr7-9 will be assessed on the criteria listed; a number will be awarded for each sport and will correlate to the HHH criteria listed below. For further clarification, please email Mr Protheroe.

Head



1. Knowledge
2. Understanding
3. Analysis
4. Feedback
5. Responsibility
6. Rules

Heart



1. Communication
2. Leadership
3. Respect
4. Resilience
5. Effort
6. Confidence

Hands



1. Physical Ability
2. Fitness Levels
3. Competitive
4. Technique
5. Tactics
6. Problem Solving

- 1** I can identify some muscles in a warm up and some reasons on why I need to complete a warm up. I can describe and explain some skills and rules in some sports. I have some understanding of techniques and I start to reflect on my own performance.
- 2** I can lead an effective self-led warm up identifying most major muscles in the body which will prepare myself for physical activity. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance.
- 3** I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for leading a warm up to a partner. I can identify and describe tactics in some sporting activities. I have knowledge of techniques which helps me to improve my own performance and give feedback to others about their performance.
- 4** I have an understanding of and can actually describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm up. I have good knowledge of skills and techniques and this improves my own and others practical performance.
- 5** I have a sound knowledge of the importance of taking part in regular physical activity, as well as being able to explain the benefits to the body and mind of regular participation. I have a good knowledge of rules and tactics of several different sports and I can give some feedback to my peers and teams overall performance.
- 6** I can identify and describe many of the short term and long-term effects of exercise on my physical mental and social well-being. I can lead an effective warm up to the whole class and ensure that they are prepared for the physical demands of that lesson. I am able to identify problems with my peers or my own technique and can give teaching points to correct these mistakes.
- 7** I can accurately explain the advantages, to myself and others, of following an active and healthy lifestyle on physical, mental and social well-being. I can lead and officiate matches showing a good understanding of the rules. I can analyse performance of myself and my peers in order to improve skills, techniques and/or fitness levels.
- 8** I have knowledge of different training methods and I can give specific and accurate feedback to performers sporting needs. I can critically evaluate the quality of my own and others' tactics and skills when performing across many different activities. I can display excellent understanding and suggest ways how skills, strategies and tactics can affect the quality of performance. I can lead others in activities/warm - ups and be able to individually set up skills practices and enhance student's learning.
- 9** Have an extensive knowledge and understanding of the components of fitness, principles of training and effects of exercise and how these factors can improve performance. I can evaluate my 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. I can plan and lead a safe and effective coaching session

- 1** I can lead my own warm up but lack the confidence to lead others. Only sometimes do I demonstrate resilience and effort. Only sometimes do I demonstrate respect for equipment and others.

- 2** I can demonstrate leadership of a small group of peers with some confidence. I can demonstrate communication skills within discussions and activities. I often demonstrate respect for equipment and others.

- 3** Can demonstrate confidence and effective communication within discussions and activities. Gives 100% effort to every activity and often resilient when faced with challenging tasks. I consistently demonstrate respect of equipment and others.

- 4** I can demonstrate confidence and leadership qualities and often volunteer to lead large group warm ups or activities. I am hardworking, resilient and eagerly accept challenges. I have developed respectful relationships with my peers.

- 5** With confidence and some success, I can lead a large group of people in a variety of roles: official, coach, teacher and/or captain. I demonstrate empathy and respect for my peers and can support and motivate them to improve performance.

- 6** I am confident and competent when leading large groups of performers. I can effectively vary my methods of communication to different ages, abilities, experiences and situations. I often inspire others to participate and progress in sporting activity.

- 7** I demonstrate good leadership qualities both in lessons and after-school clubs. I display clear communication skills, empathy and patience. I am respected and respectful, and I have developed positive working relationships with staff and students across the school.

- 8** I am hardworking and helpful in lessons and at after school clubs. I demonstrate great leadership qualities and I am an active leader both in lessons and after-school clubs. I am a positive role model and my commitment and participation in school sport is inspiring to others.

- 9** I embrace challenges, I am resilient to setbacks and I always give 100%. I have an exceptional range of effective communication skills and demonstrate these when leading large groups of performers. I demonstrate outstanding confidence, authority and respect when officiating, leading and/or participating.

- 1** I can demonstrate, with some accuracy and success, basic skills and techniques in passive practices. I can apply basic tactics in passive practices. I can complete a 2-minute run.

- 2** I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in moderately pressured practices. I can apply tactics with some success. I can complete a 3-minute run.

- 3** I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in high pressured practices. I can apply tactics across a variety of activities with some success. I can complete a 4-minute run.

- 4** I can demonstrate, with some accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply tactics in competitive activities with success. I can complete a 5-minute run.

- 5** I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games. I can complete a 7-minute run.

- 6** I can demonstrate, with consistent accuracy and success, a range of appropriate skills and techniques in challenging activities. I can make effective decisions and apply a range of ideas and tactics in challenging activities. I can complete a 10-minute run.

- 7** I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions and can apply a range of ideas, solutions and tactics in challenging activities. I can complete a 15-minute run.

- 8** I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriate skills and techniques in very challenging activities. I can complete a 20-minute run.

- 9** I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriate skills and techniques in exceptionally complex and challenging activities. I can complete a 30-minute run.
