

PHYSICAL EDUCATION ASSESSMENT GRID

	Leadership Lead and Officiate	Coaching Evaluate and Improve	Knowledge Understand and Apply	Decision Making Practical Performance	Mind Set Your Learning Behaviours	Character The Sports Person	Fitness Balanced, Healthy, Active Lifestyle
Active Participant	PARTICIPATOR <ul style="list-style-type: none"> <input type="checkbox"/> Is happy being led by others <input type="checkbox"/> Sometimes volunteers to officiate <input type="checkbox"/> Knows how to keep score 	COMMENT <ul style="list-style-type: none"> <input type="checkbox"/> Can comment on a skill or performance as 'good' or 'bad' <input type="checkbox"/> Can use a prompt sheet effectively to give feedback 	BASIC <ul style="list-style-type: none"> <input type="checkbox"/> Identify 3 phases of a warm up? <input type="checkbox"/> Give simple physiological reasons why we warm up before physical activity? <input type="checkbox"/> Know the difference between static and dynamic stretches 	LIMITED <ul style="list-style-type: none"> <input type="checkbox"/> Can make simple decisions in a closed drill situation <input type="checkbox"/> Lets other make majority of decisions for them 	PASSIVE <ul style="list-style-type: none"> <input type="checkbox"/> Listens to others talk <input type="checkbox"/> Follows rules and expectations throughout lesson 	ENCOURAGING <ul style="list-style-type: none"> <input type="checkbox"/> Is positive when helping others / teacher <input type="checkbox"/> Regularly punctual to and from lessons <input type="checkbox"/> Can be trusted when out of teacher sight 	PARTICIPATE <ul style="list-style-type: none"> <input type="checkbox"/> Is happy to be teacher led in a fitness lesson <input type="checkbox"/> Understands the importance of fitness <input type="checkbox"/> Knows how to take heart rate
Bronze	ASSISTANT <ul style="list-style-type: none"> <input type="checkbox"/> Assists teacher to lead <input type="checkbox"/> Takes one part of a 3 part warm up <input type="checkbox"/> Confident at 1 role (coach, recorder, measurer, official) 	IDENTIFY <ul style="list-style-type: none"> <input type="checkbox"/> Can identify skills Strengths and Weaknesses (S&W) <input type="checkbox"/> Can give simple feedback without prompt sheet <input type="checkbox"/> Can use ICT to simply identify S&W 	FUNDAMENTAL <ul style="list-style-type: none"> <input type="checkbox"/> Identify the following muscles & demonstrate a stretch for each: quadriceps, hamstrings, triceps, biceps, deltoids, gastrocnemius. <input type="checkbox"/> Identify and describe the various roles available in sport? 	REACT <ul style="list-style-type: none"> <input type="checkbox"/> Reacts to situations with some basic thought/movement <input type="checkbox"/> Make simple decisions in a drill and controlled practice situation <input type="checkbox"/> With time can make decisions in a small sided game 	ENGAGED <ul style="list-style-type: none"> <input type="checkbox"/> Answers questions when asked <input type="checkbox"/> Discusses learning with peers <input type="checkbox"/> Attends 1 hour of physical activity out of school hours (can include school clubs) 	RESPECTFUL <ul style="list-style-type: none"> <input type="checkbox"/> Knows when to listen and talk <input type="checkbox"/> Has excellent manners <input type="checkbox"/> Always brings kit even when they are unable to take part physically <input type="checkbox"/> Always brings a note when unable to attend 	EFFORT <ul style="list-style-type: none"> <input type="checkbox"/> Shows effort in exercise (Break Sweat) <input type="checkbox"/> Can conduct simple fitness tests <input type="checkbox"/> Know how to record fitness results
	MANAGER <ul style="list-style-type: none"> <input type="checkbox"/> Confidently run a 2 part warm up <input type="checkbox"/> Confident at 2 roles (coach, recorder, measurer, official) <input type="checkbox"/> Basic organisation and communication skills & Encourages others 	DESCRIBE <ul style="list-style-type: none"> <input type="checkbox"/> Can identify skills and fitness S&W <input type="checkbox"/> Describes S&W using key terminology and teaching points <input type="checkbox"/> Use ICT to describe S&W to peers 	DEVELOPING <ul style="list-style-type: none"> <input type="checkbox"/> Identify & describe the reasons people take part in sport under the headings: Social, Physical and Psychological. <input type="checkbox"/> Identify & describe the following COF - CV & muscular endurance, flexibility, strength, speed, agility, balance, coordination, power, reaction time 	RESPOND <ul style="list-style-type: none"> <input type="checkbox"/> Makes appropriate decisions based on the situation <input type="checkbox"/> Knows how & why you respond in certain situations <input type="checkbox"/> Make simple decisions in a small game when under pressure 	PROACTIVE <ul style="list-style-type: none"> <input type="checkbox"/> Often has hand up to answer questions <input type="checkbox"/> First to volunteer for demonstrations <input type="checkbox"/> Seeks advice on how to improve <input type="checkbox"/> Attends 2 hours of physical activity out of school hours (can include school clubs) 	TEAM WORKER <ul style="list-style-type: none"> <input type="checkbox"/> Works well in a team <input type="checkbox"/> Knows when to include others <input type="checkbox"/> Seeks to help less confident students <input type="checkbox"/> Helps take equipment in & out 	ENERGY <ul style="list-style-type: none"> <input type="checkbox"/> Being self motivated to work effectively <input type="checkbox"/> Works close to 60% MHR <input type="checkbox"/> Know how to interpret fitness results against normative data
Silver	ORGANISER <ul style="list-style-type: none"> <input type="checkbox"/> Can run a 3 part warm up <input type="checkbox"/> Devise and run a small skill practice <input type="checkbox"/> Happy to lead smaller/familiar groups or peers <input type="checkbox"/> Confident at 3 roles (coach, recorder, measurer, official) <input type="checkbox"/> Knows how to gain attention verbally 	COMPARE <ul style="list-style-type: none"> <input type="checkbox"/> Can compare performance using key terminology and teaching points providing effective feedback with ideas for feedback <input type="checkbox"/> Can use ICT to compare performance <input type="checkbox"/> Can identify skills, tactics and fitness S&W 	CONFIDENT <ul style="list-style-type: none"> <input type="checkbox"/> Sporting examples of when each COF is required and why? <input type="checkbox"/> Identify & describe the following training methods– Weight, Interval, Circuit, Continuous, Fartlek & Altitude Training <input type="checkbox"/> Explain how muscles and bones work together to produce movement 	INFLUENCE <ul style="list-style-type: none"> <input type="checkbox"/> Decisions influence/impact the game <input type="checkbox"/> Decisions are planned in advance <input type="checkbox"/> Decisions made using basic Tactics <input type="checkbox"/> Gives others feedback on their decision making 	DETERMINED <ul style="list-style-type: none"> <input type="checkbox"/> Stays focused on a task and enjoys learning <input type="checkbox"/> Clearly wants to achieve & succeed <input type="checkbox"/> Wants to help others improve <input type="checkbox"/> Attends 3 hours of physical activity out of school hours (can include school clubs) 	SPORTSMANSHIP <ul style="list-style-type: none"> <input type="checkbox"/> Sets an example to others in lessons and competitive games <input type="checkbox"/> Very fair in competition <input type="checkbox"/> Gracious in defeat <input type="checkbox"/> Potential to captain a team 	COMMITMENT <ul style="list-style-type: none"> <input type="checkbox"/> Sets their own fitness targets <input type="checkbox"/> Can work close to 70% MHR <input type="checkbox"/> Knows how to perform exercises safely <input type="checkbox"/> Excels in 1 Fitness Component <input type="checkbox"/> Has completed gym induction
Gold	LEADER <ul style="list-style-type: none"> <input type="checkbox"/> Plan & lead larger groups of students (1/2 Class) <input type="checkbox"/> Confident at 4 roles <input type="checkbox"/> Sessions are safe & improve performance or individual/group <input type="checkbox"/> Communicate effectively Verbal & Non Verbal 	ANALYSE <ul style="list-style-type: none"> <input type="checkbox"/> When analysing + & - can explain the cause and impact on performance <input type="checkbox"/> Provides effective feedback with progressive practices <input type="checkbox"/> Confidently use ICT to analyse performance 	ADVANCED <ul style="list-style-type: none"> <input type="checkbox"/> Sporting examples of athletes who would use each training method? <input type="checkbox"/> Identify & describe the following principals of training: Specificity, Progression, Overload, Reversibility. 	COMMAND <ul style="list-style-type: none"> <input type="checkbox"/> Decisions can have a planned affect on an opponents actions <input type="checkbox"/> Decision are made in larger games or fast paced situations <input type="checkbox"/> Decisions made using advanced tactics <input type="checkbox"/> Quality of skill is consistent during decisions 	PERSISTENT <ul style="list-style-type: none"> <input type="checkbox"/> Tries again in the face of failure <input type="checkbox"/> Enjoys a challenge <input type="checkbox"/> Works hard to improve quality of skills & technique <input type="checkbox"/> Attends 4 hours of physical activity out of school hours (can include school clubs) 	ETIQUETTE <ul style="list-style-type: none"> <input type="checkbox"/> Understands & demonstrates how to act/behave in different sports / situations <input type="checkbox"/> Knows the difference between gamesmanship and sportsmanship <input type="checkbox"/> Leads by example 	INTENSITY <ul style="list-style-type: none"> <input type="checkbox"/> Can work above 70% MHR for extended time <input type="checkbox"/> Exercise technique rarely falters <input type="checkbox"/> Knows how to use equipment safely <input type="checkbox"/> Excels in 1+ fitness component
Platinum	FACILITATOR <ul style="list-style-type: none"> <input type="checkbox"/> Lead a set of leaders or full class <input type="checkbox"/> Adapt to changing situations <input type="checkbox"/> Evaluate the outcome of event/session and plan for improvement <input type="checkbox"/> Has obtained a qualification 	EVALUATE <ul style="list-style-type: none"> <input type="checkbox"/> Evaluation refers to the cause, impact and consequence on performance providing effective feedback with ideas for feedback <input type="checkbox"/> Provides detailed technical advice on how to improve. <input type="checkbox"/> Uses advanced ICT skills to provide evaluation <input type="checkbox"/> Has obtained a qualification 	EXPERT <ul style="list-style-type: none"> <input type="checkbox"/> Describe and apply the FITT principal when designing a training session <input type="checkbox"/> Can link COF/Training methods & principles to sporting examples demonstrating and justifying why these are required to achieve excellence in a selected sport. <input type="checkbox"/> Link methods and activities to the training zones/ threshold of training 	DICTATE <ul style="list-style-type: none"> <input type="checkbox"/> Decisions affect individual and team/opponents performance <input type="checkbox"/> Decisions are made autonomous and varied <input type="checkbox"/> Decisions focus on opponents S&W 	RESILIENT <ul style="list-style-type: none"> <input type="checkbox"/> Shows no falter in failure & does not give up to overcome challenge <input type="checkbox"/> Attends 5 hours of physical activity out of school hours (can include school clubs) <input type="checkbox"/> Your mind set positively influences your peers and younger students learning behaviours 	ROLE MODEL <ul style="list-style-type: none"> <input type="checkbox"/> Shows all of the qualities above <input type="checkbox"/> Others are inspired by you <input type="checkbox"/> Has a positive influence around the whole school <input type="checkbox"/> May have achieved regional, national or international sporting success 	ENDEAVOUR <ul style="list-style-type: none"> <input type="checkbox"/> Can work to exhaustion <input type="checkbox"/> Shows intensity and technique particularly towards end of session <input type="checkbox"/> Knows how to differentiate their training