



YEAR 7 PE ASSESSMENT



I can/do.....

INVASION GAMES Eg Football, Rugby, Netball	NET GAMES Eg Tennis, Badminton, Volleyball	STRIKING AND FIELDING Eg Cricket, Rounders, Softball	AESTHETICS Eg Gymnastics, Dance, Trampolining	GRADE
<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple, teacher lead warm up.</p> <p>Demonstrate basic ball skills.</p> <p>Carry/move the ball on my own under little pressure.</p> <p>Pass the ball accurately to a team mate occasionally.</p> <p>Receive the ball from a static position with some success.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple teacher lead warm up.</p> <p>Hold the racquet appropriately.</p> <p>Get the shuttle/ball into play occasionally.</p> <p>Return the shuttle/ball back over the net At least once.</p> <p>Keep the shuttle/ball in court.</p> <p>Show my knowledge of the basic rules.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple, teacher lead warm up.</p> <p>Throw a ball consistently underarm to a static partner over short distances.</p> <p>Catch a ball thrown directly at me most of the time</p> <p>Hit the ball say 1 out of 3.</p> <p>Know how to score runs.</p> <p>Know how to get opponents out.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple, teacher lead activity specific warm up.</p> <p>Demonstrate basic shapes and hold them with poise, extension and body tension.</p> <p>Demonstrate a basic ability to travel on the floor and basic apparatus.</p> <p>Demonstrate movement with basic rhythm.</p> <p>Link 2 moves together cleanly.</p>	T
<p>Follow a whole class warm up and know why we need to.</p> <p>Pass the ball to a team mate when on the move.</p> <p>Receive the ball whilst on the move.</p> <p>Shoot the ball towards the 'goal' with some success.</p> <p>Try to get the ball from my opponent, sometimes, with success.</p> <p>Understand the main rules of the game being played.</p>	<p>Follow a partner lead warm up and take charge of part of it myself.</p> <p>Move around the court making sure I can see my opponent all the time.</p> <p>Rally cooperatively with a partner.</p> <p>Understand the court markings and where I want to put the shuttle.</p>	<p>Lead a partner warm up.</p> <p>Throw a ball overarm or underarm over a variety of distances.</p> <p>Catch a ball consistently from various heights and lengths.</p> <p>Bowl a ball with some accuracy.</p> <p>Hit the ball more often than not.</p> <p>Show I know and can apply basic rules.</p>	<p>Follow a partner lead warm up and contribute.</p> <p>Demonstrate basic skills of balance, travel and flight.</p> <p>Link moves together with control and fluency.</p> <p>Show some rhythm when moving with or without music.</p>	C
<p>Lead a small group warm up, confidently.</p> <p>Show I understand the basic techniques of dribbling, passing, controlling the ball and shooting under some pressure most of the time.</p> <p>Show a good knowledge of the basic rules and tactics needed to play the game in both attacking and defending situations.</p>	<p>Follow a footwork specific warm up.</p> <p>Start a rally effectively and keep it going using different strokes.</p> <p>Show at least 2 different strokes and use them appropriately to attack and defend.</p> <p>Score a simple game (rally point).</p>	<p>Lead a simple warm up in a small group with confidence.</p> <p>Throw and catch the ball over a variety of distances and heights.</p> <p>Demonstrate active fielding to prevent a score.</p> <p>Bowl the ball with more accuracy</p> <p>Hit the ball with some direction.</p> <p>Understand the rules of the games and apply them appropriately.</p>	<p>Demonstrate a simple pairs warm up</p> <p>Demonstrate more complex skills in isolation and in simple routines.</p> <p>Adapt skills to different apparatus.</p> <p>Work both on my own and in with others to produce a flowing routine.</p> <p>Refine moves to make them neater and more controlled.</p>	B
<p>Lead part or all of a whole class warm up and be able to explain the exercises.</p> <p>Pass and receive under pressure most of the time.</p> <p>Show I have a good working knowledge of the rules and tactics of the game.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a small group warm up confidently.</p> <p>Use a variety of different shots to play against an opponent and win points.</p> <p>Move my opponent around the court in order to gain advantage using different weighted shots.</p> <p>Help others to perform better.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a simple warm up in a small or large group with confidence.</p> <p>Field the ball effectively from a variety of positions on the field.</p> <p>Understand the roles of different fielding positions.</p> <p>Look to hit the ball using direction and power.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a small or large group warm up.</p> <p>Perform more complex skills with control and poise.</p> <p>Link moves into sequences with fluidity and body awareness.</p> <p>Help others to improve their moves.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	A

*A child who is of high School/Club Team, District, County, Regional or National level ie. competes in an activity at those levels will be expected to be performing to a Grade A





YEAR 7 PE ASSESSMENT

I can/do.....

SWIMMING Inc. Lifesaving and Personal Survival	ATHLETICS Inc. Cross Country	HEALTH AND FITNESS Inc. HRE and SAQ	ASSISTING, COACHING AND OFFICIATING	GRADE
<p>Need to bring the appropriate kit to every lesson.</p> <p>Need to involve myself more by participating, coaching or officiating.</p> <p>Need to listen carefully to instructions</p> <p>Show I have knowledge of the dangers of water.</p> <p>Show I have confidence in the water.</p> <p>Enter and exit the water safely.</p> <p>Travel a width of the pool in some way.</p>	<p>Need to bring the appropriate kit to every lesson.</p> <p>Need to involve myself more by participating, coaching or officiating.</p> <p>Need to listen carefully to instructions and</p> <p>Follow a simple all round warm up.</p> <p>Perform a simple jump within the rules.</p> <p>Run a sprint race and middle distance race to the best of my ability.</p> <p>Recognize the starts and finish line.</p> <p>Perform a simple throw with some success.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Show I need to take a more positive attitude towards improving my health and fitness.</p> <p>Show I want to work on my fitness outside of school.</p> <p>Follow a simple warm up for general activity.</p> <p>Say why we need to warm up in simple terms.</p> <p>Know why we need to stay fit and healthy simple terms.</p> <p>Say why we need to do some regular exercise.</p> <p>Show I know some simple exercises to help my fitness.</p>	<p>Need to involve myself more in the lesson by participating, coaching or officiating.</p> <p>Need to listen to the instructions given by the teacher and follow them through.</p> <p>Need to volunteer my assistance.</p> <p>Take charge of simple equipment and set it out as directed.</p> <p>Collect in equipment and put it away appropriately.</p> <p>Organise small teams or groups for closed activities. Eg warm ups.</p> <p>Understand the health and safety considerations for that activity.</p> <p>Encourage those less able to keep trying and adapt their activity to help.</p>	T
<p>Warm up effectively for water-based activities.</p> <p>Travel widths of the pool using at least 2 recognised strokes with sound style.</p> <p>Demonstrate a degree of stamina in a timed swim.</p> <p>Demonstrate an ability to float for a period of time.</p>	<p>Follow an event specific warm up.</p> <p>Demonstrate knowledge of basic safety in all areas.</p> <p>Perform in 2 throwing events and show improving distances.</p> <p>Perform a jump with recognised technique.</p> <p>Demonstrate knowledge of different paces required for two race lengths eg. 80m and 1000m.</p> <p>Achieve a bronze certificate.</p>	<p>Follow a simple warm up and describe what</p> <p>And why I/we am/are doing to others.</p> <p>Follow simple fitness testing and understand what the test is asking of me.</p> <p>Actively encourage others to improve by leading by example.</p> <p>Demonstrate simple exercises for flexibility, strength, power and stamina.</p>	<p>Identify strengths and weaknesses of performers and suggest simple improvements.</p> <p>Adapt practices to help performers (easier or harder).</p> <p>Officiate small competitions using simple rules.</p> <p>Encourage others to participate with determination even when the task seems difficult.</p> <p>Officiate independently but with guidance from the teacher.</p>	C
<p>Warm up appropriately for water based activities.</p> <p>Demonstrate some sound technique in at least 3 different strokes including backstroke.</p> <p>Demonstrate a safe effective start and finish to my strokes.</p> <p>Swim several lengths of the pool without stopping.</p> <p>Use equipment safely and effectively.</p>	<p>Perform an event specific warm up and contribute ideas.</p> <p>Demonstrate excellent knowledge of equipment and safety.</p> <p>Show I can compete in several different field events with strength, technique and improvement.</p> <p>Show I can run efficiently over several distances and know how to pace myself.</p> <p>Achieve a Silver certificate.</p>	<p>Lead a warm up and describe what I am doing with knowledge.</p> <p>Attempt all exercises knowing that I will benefit from them in one way or another.</p> <p>Demonstrate simple exercises for flexibility, strength, power and stamina.</p> <p>Improve my fitness through repetition of exercises using determination.</p>	<p>Pick out high level performances and use as examples to others.</p> <p>Think of ways to solve some problems /issues.</p> <p>Officiate clearly and confidently.</p>	B
<p>Demonstrate excellent stamina during a timed swim.</p> <p>Demonstrate excellent technique across a range of strokes and water skills.</p> <p>Demonstrate knowledge of how to improve my performance.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Compete consistently to a good level across a range of events.</p> <p>Measure times and distances accurately and record them for myself and others.</p> <p>Compete within the rules and restrictions of competition.</p> <p>Assess others and help them improve.</p> <p>Achieve a Gold certificate.</p>	<p>Lead by example to improve my own fitness and health.</p> <p>Encourage others to participate in a positive way to achieve and exceed their targets.</p> <p>Offer ideas to others to help improve their fitness.</p>	<p>Lead a small group warm up and simple skills practice that demonstrates my knowledge of the activity using the STEP principle</p> <p>With others, plan, organise and run a simple competition or coaching session.</p>	A

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YEAR 8 PE ASSESSMENT



I can/do.....

INVASION GAMES Eg Football, Rugby, Netball	NET GAMES Eg Tennis, Badminton, Volleyball	STRIKING AND FIELDING Eg Cricket, Rounders, Softball	AESTHETICS Eg Gymnastics, Dance, Trampolining	GRADE
<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple, activity specific warm up.</p> <p>Demonstrate basic ball skills.</p> <p>Carry/move the ball on my own using appropriate techniques.</p> <p>Pass the ball accurately to a team mate occasionally.</p> <p>Receive the ball effectively without pressure.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple activity specific warm up.</p> <p>Serve correctly to start a game.</p> <p>Return the shuttle/ball back over the net more than once.</p> <p>Keep the shuttle/ball in court.</p> <p>Umpire a simple match.</p> <p>Show my knowledge of the basic rules.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple activity specific warm up.</p> <p>Throw a ball consistently underarm to a partner over short distances.</p> <p>Catch a ball thrown directly at me most of the time</p> <p>Hit the ball say 1 out of 3.</p> <p>Know how to score runs.</p> <p>Know how to get opponents out.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to involve myself more in the lesson by participating or helping.</p> <p>Need to listen to instructions and follow them carefully.</p> <p>Follow a simple, activity specific warm up.</p> <p>Demonstrate basic poise, extension and body tension.</p> <p>Show I can perform basic shapes.</p> <p>Show simple routines.</p>	T
<p>Lead a small group warm up.</p> <p>Take the ball past a passive opponent.</p> <p>Pass the ball to a team mate when asked.</p> <p>Tell when to take the ball myself or pass it.</p> <p>Take the ball from an opponent sometime</p> <p>Understand the main rules of the game being played</p>	<p>Lead a partner warm up.</p> <p>Demonstrate how to hold the racket effectively.</p> <p>Move around the court making sure I can see my opponent all the time.</p> <p>Rally cooperatively with a partner.</p> <p>Understand the court markings and where I want to put the shuttle.</p>	<p>Lead a partner warm up.</p> <p>Throw a ball overarm or underarm consistently on target.</p> <p>Catch a ball consistently from various heights and lengths.</p> <p>Bowl a ball with some accuracy.</p> <p>Hit the ball using some power.</p> <p>Show how to field the ball effectively to prevent runs or to get runners out.</p> <p>Know and apply basic rules.</p>	<p>Demonstrate a simple pairs warm up.</p> <p>Demonstrate basic skills of balance, travel and flight.</p> <p>Link 2 moves together with control.</p> <p>Show rhythm with or without music.</p>	C
<p>Demonstrate knowledge of attacking and defending principles in active situations.</p> <p>Show I know the main positions on the pitch or court and explain their roles and boundaries.</p> <p>Show I can travel with the ball, pass, gain the ball and utilise my team effectively.</p> <p>Evaluate my team's performance and help them improve.</p> <p>Officiate a small match correctly and fairly, demonstrating increased knowledge of rules.</p>	<p>Follow a footwork specific warm up.</p> <p>Start a rally effectively and keep it going using different strokes.</p> <p>Show at least 2/3 different strokes and use the appropriately to attack and defend.</p> <p>Score a simple game.</p>	<p>Field the ball effectively to prevent a score.</p> <p>Demonstrate I can hit the ball with some accuracy.</p> <p>Bowl with increasing accuracy and Consistency.</p> <p>Umpire a game correctly showing knowledge of rules.</p> <p>Help team-mates to improve.</p> <p>Plan a fielding/batting practice to help others develop.</p>	<p>Lead a small group warm up.</p> <p>Demonstrate more complex skills in simple routines.</p> <p>Consistently repeat moves.</p> <p>Adapt skills to different apparatus.</p> <p>Work in a group to produce co-ordinated routines.</p> <p>Refine moves to make them neater and more controlled.</p>	B
<p>Lead a whole class warm up confidently</p> <p>Pass and receive the ball under pressure most of the time.</p> <p>Read the game to ensure I am always in the right place.</p> <p>Assess mine and my team's performance to work out improvements.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a simple, appropriate warm up.</p> <p>Use a variety of different shots to play against an opponent.</p> <p>Move my opponent around the court in order to gain advantage.</p> <p>Assist others to improve using my skills and knowledge of the game.</p> <p>Say I am County standard or above in my sport.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a simple warm up in a small or large group.</p> <p>Field the ball effectively from a variety of positions.</p> <p>Understand the roles of different fielding positions.</p> <p>Look to hit the ball using direction and power.</p> <p>Bowl with intent.</p> <p>Coach others to perform better.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a warm up.</p> <p>Perform more complex skills with control and poise.</p> <p>Link moves into sequences with fluidity and body awareness.</p> <p>Help others to improve their moves.</p> <p>Say that I am at an excellent level in my sports national awards.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	A

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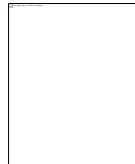


YEAR 8 PE ASSESSMENT

I can/do.....

SWIMMING Inc. Lifesaving and Personal Survival	ATHLETICS Inc. Cross Country	HEALTH AND FITNESS Inc. HRE and SAQ	ASSISTING, COACHING AND OFFICIATING	GRADE
<p>Need to bring the appropriate kit to every lesson.</p> <p>Need to involve myself more by participating, coaching or officiating.</p> <p>Need to listen carefully to instructions</p> <p>Show I have knowledge of the dangers of water.</p> <p>Show I have confidence in the water. Enter and exit the water safely.</p> <p>Travel a width of the pool confidently.</p>	<p>Need to bring the appropriate kit to every lesson.</p> <p>Need to involve myself more by participating, coaching or officiating.</p> <p>Need to listen carefully to instructions and</p> <p>Follow a simple all round warm up.</p> <p>Perform a simple jump within the rules.</p> <p>Run a sprint race and middle distance race to the best of my ability.</p> <p>Recognize the starts and finish line.</p> <p>Perform a simple throw with some success.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Need to take a more positive attitude towards improving my health and fitness.</p> <p>Need to work on my fitness outside of school.</p> <p>Warm up effectively for the activity.</p> <p>Know why we need to stay fit and healthy simple terms.</p> <p>Know what happens to us when we exercise</p> <p>Show I know some simple exercises to help my fitness.</p>	<p>Need to involve myself more in the lesson by participating, coaching or officiating.</p> <p>Need to listen to the instructions given by the teacher and follow them through.</p> <p>Need to volunteer my assistance</p> <p>Take charge of simple equipment and set it out as directed.</p> <p>Collect in equipment and put it away appropriately.</p> <p>Organise small teams or groups for closed activities. Eg warm ups.</p> <p>Understand the health and safety considerations for that activity.</p> <p>Encourage those less able to keep trying and adapt their activity to help.</p>	T
<p>Warm up effectively for water-based activities.</p> <p>Travel widths of the pool using at least 2 recognised strokes with sound style.</p> <p>Demonstrate a degree of stamina in a timed swim.</p> <p>Demonstrate a surface dive.</p> <p>Demonstrate an ability to float.</p>	<p>Follow a more complex warm up for both track and field events.</p> <p>Perform in 2 throwing events and show improving distances.</p> <p>Perform a jump with recognised technique.</p> <p>Demonstrate knowledge of different paces required for two race lengths eg. 100m and 800m.</p> <p>Achieve a Bronze certificate</p>	<p>Warm up appropriately</p> <p>Show I know what cardiovascular means and what activities involve and improve this system.</p> <p>Actively encourage others to improve by leading by example.</p> <p>Demonstrate simple exercises for flexibility, strength, power and stamina.</p>	<p>Identify strengths and weaknesses of performers and suggest simple improvements.</p> <p>Adapt practices to fit ability.</p> <p>Officiate small competitions using simple rules.</p> <p>Plan, organise and carry out basic practices in a safe manner.</p> <p>Encourage others to participate with determination even when the task seems difficult.</p> <p>Officiate independently but with guidance from the teacher.</p>	C
<p>Warm up appropriately for water based activities.</p> <p>Demonstrate some sound technique in at least 3 different strokes including backstroke.</p> <p>Demonstrate efficient and safe starts and finishes in competitive situations.</p> <p>Swim several lengths of the pool without stopping.</p> <p>Demonstrate basic survival techniques.</p>	<p>Devise my own athletic warm up appropriate to the activity I am doing.</p> <p>Demonstrate excellent knowledge of equipment and safety.</p> <p>Show I can compete in several different field events with strength, technique and improvement.</p> <p>Show I can run efficiently over several distances and know how to pace myself.</p> <p>Demonstrate I can stick to the task.</p> <p>Achieve a Silver certificate.</p>	<p>Warm up effectively</p> <p>Attempt all exercises knowing that I will benefit from them in one way or another.</p> <p>Test my own fitness using simple techniques offered by my teacher/coach.</p> <p>Improve my fitness through repetition of exercises using determination.</p>	<p>Use imaginative ways to solve problems.</p> <p>Pick out excellent performances and use as examples to help others</p> <p>Help groups to evaluate themselves</p> <p>Officiate using more complex rules.</p>	B
<p>Demonstrate excellent stamina during timed swim.</p> <p>Demonstrate excellent technique across a range of strokes and water skills.</p> <p>Demonstrate knowledge of how to improve my performance.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Compete consistently to a good level across a range of events.</p> <p>Measure times and distances accurately and record them for myself and others.</p> <p>Compete within the rules and restrictions of competition.</p> <p>Achieve a Gold certificate.</p> <p>Assess others and help them improve.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead by example to improve my own fitness and health.</p> <p>Encourage others to participate in a positive way to achieve their targets.</p> <p>Offer ideas to others to help improve their fitness.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Lead a whole group warm up and simple skills practice that demonstrates my knowledge of the activity including safety, equipment, people and time constraints.</p> <p>Plan and host a competition for my peers.</p> <p>Plan, organise and host a simple coaching session showing performer progress.</p>	A

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YEAR 9 PE ASSESSMENT



I can/do.....

INVASION GAMES Eg Football, Rugby, Netball	NET GAMES Eg Tennis, Badminton, Volleyball	STRIKING AND FIELDING Eg Cricket, Rounders, Softball	AESTHETICS Eg Gymnastics, Dance, Trampolining	GRADE
<p>Need to bring appropriate kit to every lesson. Involve myself more in the lesson by participating or helping. Listen to instructions and follow them carefully.</p> <p>Warm up appropriately. Demonstrate basic ball skills. Carry/move the ball on my own. Pass the ball accurately. Receive the ball effectively.</p>	<p>Need to bring appropriate kit to every lesson. Involve myself more in the lesson by participating or helping. Listen to instructions and follow them carefully.</p> <p>Warm up appropriately. Play at least 2 named shots and use them in a game. Score a simple game in a known court.</p>	<p>Need to bring appropriate kit to every lesson. Involve myself more in the lesson by participating or helping. Listen to instructions and follow them carefully.</p> <p>Warm up appropriately. Throw a ball consistently and accurately over a variety of distances. Hit the ball say 1 out of 3. Know how to score runs. Know how to get opponents out.</p>	<p>Need to bring appropriate kit to every lesson. Involve myself more in the lesson by participating or helping. Listen to instructions and follow them carefully.</p> <p>Warm up effectively. Demonstrate basic skills Eg balance, flight, travel. Link basic skills in a simple routine. Show some rhythm to my moves.</p>	T
<p>Take the ball past an opponent. Pass the ball on the move. Tell when to take the ball myself or pass it. Take the ball from an opponent within the rules. Demonstrate attacking skills with control under pressure. Understand how to stop my opponent From scoring or keeping possession. Understand the main rules of the game being played.</p>	<p>Play 3 recognised shots to a good level. Serve correctly to start a game. Umpire a simple match. Demonstrate a selection of shots and know when to use them effectively. Show my knowledge of the basic rules.</p>	<p>Throw a ball overarm or underarm consistently on target. Catch a ball consistently from various heights and lengths. Bowl a ball accurately. Hit the ball using some power. Show I know the fielding positions and their roles. Show how to field the ball effectively to prevent runs or to get runners out. Know and apply basic rules.</p>	<p>Demonstrate more complex skills in simple routines. Consistently repeat moves. Adapt sequences to suit apparatus and group. Show good rhythm with and without music. Complete sequences using a variety of movements with control and coordination. Show neatness of movement and flow to my routines.</p>	C
<p>Demonstrate more advanced skills in attack and defence. Show I know the main positions on the pitch or court and explain their roles and boundaries. Show I can play in at least 2 different positions with skill and knowledge. Evaluate my team's performance and help them improve. Officiate and small match correctly and fairly.</p>	<p>Perform a range of shots consistently to a good standard. Use tactics to beat my opponent. Umpire a match without too much help. Demonstrate a wider range of shots to a good level to beat my opponent. Use a range of attacking and defending tactics effectively in matches both in singles and doubles. Demonstrate and use a sound understanding of the rules to officiate matches.</p>	<p>Field the ball effectively to prevent a score. Demonstrate various batting techniques to change pace and direction. Umpire a game correctly showing knowledge of rules. Help team-mates to improve. Demonstrate tactical fielding. Demonstrate consistent, effective batting. Bowl with higher accuracy Plan a fielding/batting practice to help others develop.</p>	<p>Move in a controlled, coordinated and versatile way both on my own and in groups. Demonstrate good body awareness in a variety of positions. Help create ideas for sequences using music and/or apparatus. Perform more complex sequences. Display good timing, flow, grace and body tension.</p>	B
<p>Pass and receive in a variety of advanced game situations. Read the game to ensure I am always in the right place. Coach others to advance their skills and improve team effectiveness.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Assist others to improve using my skills and knowledge of the game. Recognise my opponents strengths and weaknesses and play to them to win.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Perform both in field and bat effectively in match situations including bowling. Plan and adapt tactics to help my team. Coach a team to some success.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Judge others performances with a balanced and informed skill knowledge. Perform precise, complex actions, sequences and dances. Display excellent body awareness in all actions. Perform movements showing a high level of body tension, strength, suppleness.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	A

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I can/do.....

SWIMMING Inc. Lifesaving and Personal Survival	ATHLETICS Inc. Cross Country	HEALTH AND FITNESS Inc. HRE and SAQ	ASSISTING, COACHING AND OFFICIATING	GRADE
<p>Need to bring the appropriate kit to every lesson.</p> <p>Involve myself more by participating, coaching or officiating.</p> <p>Listen carefully to instructions and follow them.</p> <p>Show I have knowledge of the dangers of water.</p> <p>Show I have confidence in the water.</p> <p>Enter and exit the water safely.</p> <p>Swim a width confidently.</p>	<p>Need to bring the appropriate kit to every lesson.</p> <p>Involve myself more by participating, coaching or officiating.</p> <p>Listen carefully to instructions and follow them.</p> <p>Warm up for each event.</p> <p>Perform a simple jump and throw.</p> <p>Run a sprint race and middle distance race to the best of my ability.</p> <p>Recognize the starts and finish line.</p>	<p>Need to bring appropriate kit to every lesson.</p> <p>Take a more positive attitude towards improving my health and fitness.</p> <p>Work on my fitness outside of school.</p> <p>Warm up effectively.</p> <p>Know how the body works when we exercise.</p> <p>Show I know what activities will help me live a healthy, active lifestyle.</p> <p>Lead by example to improve my all round fitness.</p> <p>Actively encourage others to push themselves to improve their fitness.</p> <p>Help record and measure both my own and others fitness.</p>	<p>Need to involve myself more in the lesson by participating, coaching or officiating.</p> <p>Listen to the instructions given by the teacher and follow them through.</p> <p>Volunteer my assistance.</p> <p>Take charge of simple equipment and set it out as directed.</p> <p>Collect in equipment and put it away appropriately.</p> <p>Volunteer to help and assist a small group practice.</p> <p>Organise small teams or groups for closed activities. Eg warm ups.</p> <p>Understand the health and safety considerations for that activity.</p> <p>Encourage those less able to keep trying and adapt their activity to help.</p>	T
<p>Swim a length of the pool using at least 2 recognised strokes with sound style.</p> <p>Demonstrate a degree of stamina in a timed swim.</p> <p>Demonstrate a surface dive.</p> <p>Demonstrate basic survival techniques.</p> <p>Evaluate mine and others performances and try to improve them.</p>	<p>Demonstrate a good all round understanding of the field events.</p> <p>Perform in 2 throwing events and measure my efforts.</p> <p>Perform a jump with recognized technique.</p> <p>Understand the different paces needed for 2 different runs.</p> <p>Time races correctly.</p> <p>Say that my fitness is good enough to finish events.</p> <p>Achieve a Bronze certificate.</p>	<p>Explain the function of the heart and lungs.</p> <p>Show I know how to improve the efficiency of my cardiovascular system through exercise.</p> <p>Show I understand the difference between aerobic and anaerobic workloads and how I can develop each through appropriate activities.</p>	<p>Identify strengths and weaknesses of performers and suggest simple improvements.</p> <p>Adapt practices to fit ability.</p> <p>Officiate small competitions using simple rules.</p> <p>Plan, organise and carry out basic practices in a safe manner.</p> <p>Encourage others to participate with determination even when the task seems difficult.</p> <p>Officiate independently but with guidance from the teacher.</p>	C
<p>Break down the components of strokes (eg arms, legs) and use methods to improve them before using in whole stroke.</p> <p>Start to use poolside rescue techniques.</p> <p>Swim a number of lengths using a variety of strokes of good technique.</p> <p>Perform legal starts, turns and finishes for each stroke.</p> <p>Perform more complex rescues both out and in the water.</p>	<p>Show I understand the rules and restrictions for each event.</p> <p>Demonstrate a good knowledge of safety.</p> <p>Assist other to improve using my knowledge.</p> <p>Compete consistently to a good level across a range of events.</p> <p>Measure and time accurately both my own and others efforts.</p> <p>Achieve a Silver certificate.</p>	<p>Test my own and other people's fitness using specific tests and know how to improve on these results through specific exercises.</p> <p>Understand the FITT principle.</p> <p>Demonstrate a knowledge of different types of training. Eg strength, flexibility, cardiovascular, and show different exercises to improve each.</p>	<p>Use imaginative ways to solve problems.</p> <p>Use past experience to plan effective new activities in order to improve.</p> <p>Organise simple competitions for groups to participate in.</p> <p>Apply more advance strategies and change them to suit the situation.</p> <p>Comment on individual performances and suggest improvements.</p> <p>Create group opportunities for evaluating and improving.</p>	B
<p>Show I am a proficient Club standard swimmer.</p> <p>Recognise and help weaker swimmers.</p> <p>Demonstrate a competent level of survival and rescue skills.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Consistently achieve good results in line with recommended guidelines and measures.</p> <p>Achieve a Gold certificate.</p> <p>Officiate at a competition.</p> <p>*Say I have skills and qualities consistent with representative level performance.</p>	<p>Show I know the Principles of Training and devise and follow a training programme in relation to a sport of my choice.</p> <p>Assist others in developing their own fitness through various activities</p>	<p>Develop appropriate training methods to help improve performance.</p> <p>Consistently apply principles of strategy, tactics and composition with flair and proficiency.</p> <p>Officiate a higher level competition with authority and confidence.</p> <p>Plan, organise and host a coaching session to a high standard showing progression and improvement from the performers.</p>	A

*A child who is of high School/Club Team, District, County, Regional or National level ie. competes in an activity at those levels will be expected to be performing to a Grade A

