



## Woolton High School PE Assessment Grid

Aims The National Curriculum for physical education aims to ensure that all pupils:

- ♣ Develop competence to excel in a broad range of physical activities
- ♣ Are physically active for sustained periods of time
- ♣ Engage in competitive sports and activities
- ♣ Lead healthy, active lives.

		<u>Aims of the NC</u>				
		1&2	1,2,3,4	3&4		
<u>NC L8</u>	<u>Grade 6</u>	Accurately analysing and evaluating a range of information about the performance to draw on a reasonable conclusion with supporting evidence.	Safely apply an increasing range of appropriate techniques, strategies and/or compositional ideas demonstrating a consistently capable and controlled performance.	Works at maximum effort level for full sessions aiming to reach target zone. Secure understanding of how to use training to improve identified areas of fitness that needs developing. Bleep test score > 8	<u>Competitive and analytical</u>	
	<u>Grade 5</u>	Analyse and evaluate a range of information about performance to draw reasoned conclusions supported by evidence.	Safely apply a range of appropriate techniques, strategies and/or compositional ideas demonstrating a capable and controlled performance.	Is generally very energetic. Encourages others and can set own fitness targets/challenges. Good knowledge of most areas of fitness relating to different training methods. Bleep test score > 6.5		
<u>NC L7</u>	<u>Grade 4</u>	Begin to accurately analyse and evaluate a range of information about the performance to draw on a reasonable conclusion with supporting evidence.	Safely apply a wide range of basic techniques, strategies and/or compositional ideas demonstrating consistent control in their performance.	Works with a good level of effort showing a desire to improve performance Has knowledge of some methods of training and can discuss some areas of fitness. MSFT score of less than 6	<u>Competitive</u>	
<u>NC L6</u>	<u>Grade 3</u>	Basic explanation of elements of techniques and performance. E.g. explains that heart rate increases and decreases depending on the intensity of the activity	Safely apply a range of basic techniques, strategies and/or compositional ideas demonstrating increasing control in their performance.	Applies effort when exercising. Knowledge of some areas of fitness & training. Bleep test score > 5.5		
<u>NC L5</u>	<u>Grade 2</u>	Interpret a range of information about performance to draw simple conclusions.	Safely apply basic techniques, strategies and/or compositional ideas demonstrating some control in their performance	Happy to be teacher led. Limited knowledge of components of fitness and training methods. Bleep test score > 4	<u>Conditioned</u>	
<u>NC L4</u>	<u>Grade 1</u>	Identify some basic elements of techniques and performance.	Safely apply some basic techniques, strategies and/or compositional ideas demonstrating limited control in their performance.	Teacher led at all times, very limited knowledge of components of fitness and training methods. Bleep test score > 3		
<u>NC L3</u>	<u>Gold</u>	Independently identifies at least 1 basic element of technique and performance.	Demonstrates limited techniques and accuracy in the performance of a skill but is unable to adapt to any open skills/challenges and rarely produces the intended result/accuracy.	Teacher led most times, very limited knowledge of components of fitness and training methods. Bleep test score > 2.5	<u>Isolated</u>	
<u>NC L2</u>	<u>Silver</u>	Identifies at least 1 basic element of technique and performance with guidance from the teacher.	Demonstrates one simple technique in the performance of a skill but is unable to adapt technique in closed skills and very rarely produces the intended result/accuracy.	Teacher led almost all of the time, very limited knowledge of components of fitness and training methods. Bleep test score > 2		
<u>NC L1</u>	<u>Bronze</u>	Identifies 1 basic element or technique or performance with guidance from the teacher.	Attempts to demonstrate appropriate skills that are appropriate to task.	Teacher led almost all of the time, very limited knowledge of components of fitness and training methods. Bleep test score > 1.5		