**P.E. KS3 Assessment Medals & Percentages**

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| FocusArea | Copper1-20% | Bronze 21-40% | Silver41-60% | Gold 61-80% | Platinum 81-100% |
| Practical Performance | * I can perform simple skills with some confidence and success.
* I can use simple skills to have some effect on the outcome of the activity.
* I can show co-ordination when linking skills together with some degree of accuracy and precision.
 | * I can choose, link and combine skills correctly in a range of situations with control and co-ordination.
* I am able to modify skills whilst performing to suit changing situations to have a positive effect.
* I can consistently perform with balance, speed, strength and agility when performing in different activities.
 | * I can choose, link and combine skills correctly in a range of situations consistently with control and co-ordination.
* I can adapt skills and techniques in a range of activities confidently leading to a successful performance.
* I can consistently perform with balance, speed, strength and agility when performing advanced skill in a range of activities.
 | * I can choose, link and combine advanced skills and techniques in a range of situations consistently with control, co-ordination and accuracy.
* I can modify skills to suit changing situations to have a positive and influential effect in competitive situations.
* I can perform in complex situations showing high levels of balance, speed, strength and agility.
 | * I can choose, link and combine advanced skills and techniques in a range of situations consistently with exceptional control, co-ordination and accuracy.
* I can modify skills to suit changing situations to have a very positive and highly influential effect in competitive situations.
* I can perform in complex situations showing exceptional levels of balance, speed, strength and agility.
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| Fitness | * I can describe when speed, stamina, strength and flexibility are required during performance.
* I can warm up and cool down correctly for a specific activity and explain why you do so.
* I know how to measure my fitness with simple tests and check for improvements.
* I take part in a range of activities.
* I have a basic understanding of how to promote your health and fitness.
 | * I can explain how speed, stamina, strength and flexibility help to be a successful performer.
* I can explain the effects of exercise on the body.
* I can perform simple health and fitness tests and record my results.
* I exercise regularly and have a more developed understanding of health and fitness.
* I am living a healthier lifestyle.
 | * I can analyse strengths and weaknesses in my own and others performance in relation to speed, stamina, strength and flexibility.
* I can explain in detail the effects of exercise and why warming up and cooling down is important.
* I show some understanding of how to improve my health and fitness.
* I am physically fit and have a competent understanding of health and fitness
 | * I can suggest ways to improve elements of strength, speed, stamina and flexibility in my own and other performance.
* I can demonstrate high levels in one strength, speed, stamina and flexibility and competency in the remaining.
* I can explain what I need to do to improve my health and fitness.
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| Leadership / Team Player | * I am happy being led by others and am developing confidence working with others.
* I can compare and comment on my own and others performance with some accuracy.
* I can use information to suggest ways for my own and others improvement of performance.
* I can recognise a good performer and give reasons why.
 | * I communicate ideas with others and work coo-operatively with others.
* I can analyse and comment on my own and others performance and the skills and techniques applied.
* I can use information to modify and refine skills and techniques to improve performance.
* I can motivate and encourage other students to perform well.
 | * I work co-operatively and lead others well, showing respect for others.
* I can analyse and comment on my own and others work identifying strengths and weaknesses and ways to improve them.
* I can apply strategies such as goal setting to improve performance.
* I can take on the role of a coach / trainer / choreographer / leader with some success.
 | * I can take lead and organise others confidently in a range of activities, showing encouragement and support.
* I can analyse and comment on my own and others work showing an understanding of what can impact on the quality of performance.
* I can transfer knowledge to a wide variety of activities using advanced strategies, tactics and compositional ideas.
* I can plan, organise and communicate effectively to bring about successful and improved performance.
 | * I am confident in solely leading, organising and officiating. I instil excellent sporting attitudes in others.
* I can critically analyse and evaluate using correct terminology to aid successful high level performance.
* I can select and use a wide range of advanced strategies, tactics or compositional ideas to enhance performance.
* I can successfully take on different roles within an activity, monitor how performance can be improved, act on decisions to bring about improvement.
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| Participation & Attitude / Minds | * I have my kit and have a willingness to participate in lessons I have enough self-confidence to demonstrate and answer questions.
 | * I have the willingness to try new activities and have a positive attitude towards P.E. I have good self-confidence demonstrate and answer questions in front of peers.
 | * I always engage in lessons with a real willingness to participate and make progress. I have the confidence to be responsible for leading a small group in an aspect of the lesson.
 | * I engage in lessons with a real willingness to learn and make progress in whatever capacity. I can lead and officiate with confidence.
 | * I am confident to lead or officiate in the community on a regular basis.
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|  | * I regularly attend one or more extracurricular activities in P.E.
* I regularly take part in physical activities outside school.
* I show I have great aspirations to succeed at a high level in sport outside school.
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|  Effort & Motivation | * I attend lessons and do what is asked of me.
* I am in the early stages of developing confidence in physical activities.
* I participate well in most activities.
 | * I attend all lessons and try hard.
* I am beginning to feel confident in physical activities.
* I work hard and am starting to become more motivated to improve.
 | * I always put a lot of effort into lessons.
* I am an enthusiastic participant in all activities.
* I show confidence and a willingness to strive to improve.
 | * I put in a 110% effort into every lesson.
* I am well motivated and am a committed participant in all activities. I persevere to overcome challenges.
 | * I put in a 110% effort into every lesson and enthuse students around me.
* I am highly motivated and inspire others with my enthusiasm.
* I am resilient and use my initiative in a variety of situations.
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