## KS3 PE Assessment

<table>
<thead>
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<th>Grades</th>
<th>Year 7 1-3</th>
<th>Year 7 4 - 6</th>
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### Teamwork

- Are you **gaining confidence** in leading a **partner** to complete a task?
- Are you **gaining confidence** to lead a **small group** of peers to complete a task?
- Are you **competent** in leading a **small group** of peers to complete a task?
- Are you **competently** able to lead a **small group** of peers to complete a task?

- Do you sometimes offer **words of encouragement** to your peers?
- Are you **gaining confidence** in applying strategies and making decisions?
- Are you **competent** in applying strategies and making decisions?
- Are you **competent** in applying strategies and making decisions to succeed?
- Are you **proactive** in applying strategies and making decisions to succeed?

### Organisation

- Are you **starting to show a willingness to participate** and to play to the **best of your ability**?
- Do you show a **willingness to participate** and play to the **best of your ability**?
- Do you consistently show a willingness to participate and play to the **best of your ability**?
- Do you show a willingness to participate and play to the **best of your ability at all times**? Are you **proactive** in considering how to improve?

### Physical

- Are you **beginning to gain confidence** in some (1-3) of the components of fitness in isolation?
- Are you **competent** in a range (3-5) of the components of fitness in isolation?
- Are you **consistently demonstrating** the majority (5-7) of the components of fitness in isolation and game situations?
- Are you **consistently demonstrating** the majority (7-9) of components of fitness in isolation and game situations to a **high standard**?

### Skills - Invasion Games

- Are you attempting to dribble, pass and shoot in isolation?
- Can you dribble, pass and shoot with some success in isolation?
- Can you **consistently dribble, pass and shoot with success in isolation** and can **attempt** this in **game situations**?
- Can you consistently dribble, pass and shoot with **success in game situations**?

### Skills - Invasion Games

- Are you attempting to defend and attack in **one to one situations**?
- Are you **gaining confidence** in defending and attacking in small sided games?
- Are you **consistently defending and attacking** in small sided games and **starting** to develop **game awareness**?
- Are you **consistently defending and attacking and demonstrating game awareness**?

### Skills - Net and Wall Games

- Do you understand your **grip** affects the **direction** of a ball’s travel?
- Are you **gaining confidence** in striking with **accuracy** and **power**?
- Are you **gaining confidence** in striking with **accuracy and power with a partner**?
- Are you **consistently striking with accuracy and power in a game situation**?

### Skills - Striking Games

- Are you attempting to **throw, catch and strike** in isolation?
- Are you **gaining confidence** throwing, catching and striking?
- Are you gaining confidence throwing, catching and striking in small conditioned games?
- Are you **consistently throwing, catching and striking in game situations**?