

KS4 CORE PE ASSESSMENT

SWANS PE	Developing	Securing	Mastering	Excelling
<p style="text-align: center;">‘Physical me’ (motor competence)</p> <p>The physical domain refers to the physical literacy and movements of the body.</p>	<ul style="list-style-type: none"> • Demonstrates a basic level technique and performance qualities in few Dance styles. • Has a basic level of fitness when performing for a sustained period of time in athletics activities. • Attempt skills and techniques with some accuracy and fluency in team and individual games. • Shows basic leadership qualities when attempting physical challenges during further outdoor adventurous activities. 	<ul style="list-style-type: none"> • Demonstrates a good level of technique and performance qualities in a range Dance styles and forms. • Has a good level of fitness when performing for a sustained period of time in athletics activities. • Demonstrates a good level of skills and technical accuracy with precision, control and fluency in team and individual games. • Leads on some activities that are physical challenging during further outdoor adventurous activities. 	<ul style="list-style-type: none"> • Demonstrates a very good level of technique and performance qualities in a range Dance styles and forms. • Has a very good level of fitness when performing for a sustained period of time in athletics activities. • Demonstrates a very good level of skills and technical accuracy with precision, control and fluency in team games. • Able to consistently solve problems and cooperate effectively in a team and individually during further outdoor adventurous activities. 	<ul style="list-style-type: none"> • Demonstrates an excellent level of technique and performance qualities in a range Dance styles and forms. • Has a excellent level of fitness when performing for a sustained period of time in athletics activities. • Demonstrates an excellent level of skills and technical accuracy with precision, control and fluency in team games. • Takes on different leadership roles during further outdoor adventurous activities and masters physical challenges in a range of environments.
<p style="text-align: center;">‘Thinking me’ (Rules, regulations, tactics and strategies)</p>	<ul style="list-style-type: none"> • Demonstrates some awareness of rules, regulations in the majority of sports. • Shows some understanding of team tactics but applications lacks accuracy. • Identifies some strengths and weaknesses in their own performance with limited ways to improve. 	<ul style="list-style-type: none"> • Demonstrates a good understanding of rules, and regulations in most sports. • Applies simple tactics to activities and games and has some influence in the game. • Able to evaluate strengths and weaknesses in their own and others performance, with ways to improve. 	<ul style="list-style-type: none"> • Demonstrates a very good understanding of rules and regulations in the majority of sports. • Applies a range of tactics and strategies to team games and has influence during game play. • Able to evaluate strengths and weaknesses in their own and others performance. Providing effective feedback to others. 	<ul style="list-style-type: none"> • Demonstrates an excellent understanding of rules and regulations in a range of sports. • Applies a range of tactics and strategies to team and individual games and has influence during competitive play. • Is a highly effective coach/ leader who has a positive impact on the performance of others.
<p style="text-align: center;">‘Healthy me’ (Healthy Participation)</p>	<ul style="list-style-type: none"> • Has a basic understanding of how the body works and the difference between each system • Has a limited understanding of the effects of exercise on the body. • Can state different training methods but needs support when identifying the most suitable for each sport • Knows the difference between anaerobic and aerobic respiration • Knows the importance of a healthy balanced diet and the impact on lifestyle • Can name the factors that effect participation rates 	<ul style="list-style-type: none"> • Has a good understanding of how the body systems and how they work together during physical activity. • Has a good understanding of the effects of exercise on the body. • Can describe different training methods and link them to specific sports • Can identify when you are using anaerobic and aerobic respiration during physical activity • Able to explain the importance of a healthy balanced diet and impact on lifestyle choices • Can explain why certain factors effect participation rates in physical activity 	<ul style="list-style-type: none"> • Has a very good understanding of how the body systems work together during exercise • Can explain the effects of exercise on the different systems. • Can explain why different training methods are used to maximise performance. • Has a very good understanding of how the body releases energy and can link topics such as diet and nutrition • Able to explain the importance of a healthy balanced diet and impact on lifestyle choices • Understands why certain factors effect participation rates across a range of sports 	<ul style="list-style-type: none"> • Can confidently analyse the impact of exercise on all the body systems • Can explain the effects of exercise on the different systems and how to recover from it. • Can analyse training methods and apply the principles of training • Has an excellent understanding of how the body releases energy and can link knowledge to a range of topics. • Analyses the impact of different lifestyle choices on • Is able to analyse participation rates and identify trends across a range of sports