

Year 8 CORE PE ASSESSMENT

<i>Curriculum checkpoints: what do students know and what can they do?</i>				
SWANS	Developing	Securing	Mastering	Excelling
<p>'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 the ability to copy and develop a Dance motif with limited technique and performance qualities in Dance. • Attempts simple skills in and techniques isolation but can at times lack accuracy fluency in competitive situations. • Attempts straight bounces, shapes and seat landing but lacks flexibility and extension. • Works collaboratively with others in a team with some but limited communication when faced with physical challenges during outdoor adventurous activities. • Shows fundamental movements whilst performing athletic disciplines. 	<ul style="list-style-type: none"> • Demonstrates the ability to develop a motif with a basic level technique and performance qualities in some dance styles. • Attempt basic skills and techniques in isolation transferring skills with some accuracy and fluency into a game situation. • Attempts basic shapes, seat landing and front landings with support, but lacks height and fluency in a routine. • Works effectively with others in a team, shows basic communication with some confidence when faced with physical challenges during outdoor adventurous activities. • Demonstrates a basic level of speed, strength and endurance whilst performing athletic disciplines. 	<ul style="list-style-type: none"> • Demonstrates the ability to develop and create a motif with good technique and performance qualities in a range of Dance styles. • Demonstrates a good level of skills and technical accuracy with precision, control and fluency in isolation and can transfer skills into a game situation. • Demonstrates shapes and a range of landings with control, extension and height. Performing a routine with some fluency. • Works confidently in a team and shows effective communication with good impact when faced with physical challenges and problem solving during outdoor adventurous activities. • Performs with a good range of fitness components when performing competitively. 	<ul style="list-style-type: none"> • Demonstrates a very good level of technique and performance qualities in a range Dance styles and forms. • Demonstrates a very good level of skills and technical accuracy with precision, control and fluency in isolation and effectively transferring skills in team games. • Demonstrates a range of landings and attempting twisting actions with precision, control and height. Performing a routine with fluency and extension. • Able to consistently solve problems and cooperate effectively in a team and individually, confident at leading group tasks during outdoor adventurous activities. • Performs very well in a range of competitive events and works hard to improve their personal best. • Shows excellent skills through performances. • Achieve a high level of composure and focus throughout performance.
<p>'Thinking me' (Rules, regulations, tactics and strategies)</p>	<ul style="list-style-type: none"> • Demonstrates awareness of simple rules and regulations in the majority of sports. • Shows an understanding of simple tactics and strategies. • Identify basic strengths in their own performance • Knows the basic safety application in performing on a trampoline. 	<ul style="list-style-type: none"> • Demonstrates some awareness of most rules, regulations in the majority of sports. • Shows some understanding of a team tactics but applications. • Identify basic strengths and weaknesses in their own performance • Knows and understands how to perform safely on the trampoline 	<ul style="list-style-type: none"> • Demonstrates a good understanding of rules, and regulations in most sports. • Shows an understanding of tactics to activities and games and has some influence in the game. • Able to evaluate strengths and weaknesses in their own and others in performance. • Know and understands safety rules on the trampoline and the progressions of landings. 	<ul style="list-style-type: none"> • Demonstrates a 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. • Knows and understands safety rules and progression of skills when using the trampoline and competing.
<p>'Healthy me' (Healthy Participation)</p>	<ul style="list-style-type: none"> • Can state simple benefits of exercise. • States the basic purpose of a warmup. • Can make limited connections between exercise and the short -term effects on the body. • Can identify the difference between a healthy and unhealthy diet. • Able to identify at least two key muscles used during the exercise performed. • Identify some components of fitness but not always in relation to the sport/activity. • Demonstrates a fair level of Physical fitness over a sustained period of time. 	<ul style="list-style-type: none"> • Can state the physical, emotional and social benefits of exercise. • States the basic purpose of a warmup and can identify the 3 phases. • Can make some connections between exercise and the short -term effects on the body. • Has a basic understanding of the importance of a healthy diet. • Able to identify key muscles and when they are being used. • Identify some components of fitness and relate them to at least one sport. • Demonstrates a basic level of Physical fitness over a sustained period of time. 	<ul style="list-style-type: none"> • Can describe the physical, emotional and social benefits of exercise and the impact on lifestyle. • Knows the purpose of a warmup and can describe the 3 phases in relation to injury prevention. • Has a good understanding of the short- and long-term effects of exercise on the body systems. • Has a good understanding of the importance of a healthy diet and energy expenditure. • Able to link muscle action with the correct movement/action. • Is able to link the components of fitness to the correct fitness test. • Demonstrates a good level of Physical fitness over a sustained period of time. 	<ul style="list-style-type: none"> • Can explain the physical, emotional and social benefits of exercise and the impact on lifestyle. • Can explain the purpose of a warm up in relation to injury prevention. • Has a very good understanding of the short and long term effects of exercise on the body systems • Has a very good understanding of the importance of a healthy diet and energy expenditure. • Able to link and apply muscle action with the correct movement/action. • Is able to describe the components of fitness and the purpose of fitness testing. • Provide different methods of improvement during coaching and analysis. • Demonstrates a very good level of Physical fitness over a sustained period of time.