

Physical Education – Year 7 Curriculum Core Assessment



Level	Range of Year 7 skills/techniques	Quality of skills/Techniques	Performance participation Physical attributes	Decision making	Knowledge of Rules/Principles
M 8+ marks	Can demonstrate a wide range of core and advanced skills which are beyond Year 7 curriculum expectations: in isolation and under competitive pressure in authentic performance situations Consistently engaged in Stretch & Challenge activities	Core Skills are performed consistently with Excellent accuracy, control and fluency. Advanced skills demonstrated are performed with consistency, accuracy and control. Performance is well beyond expectations for Year 7	Achieves consistent success when demonstrating skills and strategies in a full competitive environment Would be expected to be a County level performer Demonstrates excellent levels of physical fitness and control	Successfully selects and uses appropriate skills on nearly all occasions Consistently applies and understands appropriate team strategies/tactics/compositional ideas Demonstrates excellent awareness of and response to the strengths, weaknesses and actions of other player(s) Excellent communication either in performance or when peer assessing	Demonstrates excellent awareness of the rules/regulations/principles and vocabulary of the activity Demonstrates excellent regard for the safety of themselves and others Confident ability to referee/umpire age grade
M 5-7 marks	Can demonstrate all core skills and many advanced skills on the Year 7 Curriculum: in isolation and under competitive pressure in authentic performance situations. Consistently engaged in Stretch & Challenge activities	Core skills are performed with consistency and a very good standard of accuracy and control. Advanced skills are performed with some consistency, accuracy and control. Performance is beyond expectations for Year 7	Achieves success when demonstrating skills and strategies in a full competitive environment Would be expected to be in a College 'A' Team or equivalent. Demonstrates good levels of physical fitness and control	Successfully selects and uses appropriate skills on many occasions Applies appropriate team strategies/tactics/compositional ideas Demonstrates very good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) Very good communication either in performance or when peer assessing	Demonstrates very good awareness of the rules/regulations/principles of the activity Demonstrates very good regard for the safety of themselves and others Ability to referee/umpire age grade
S 2-4 marks	Can demonstrate most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations Consistent improvement through progression activities Sometimes will be in a group given stretch and challenge activities	Core skills are performed with a good standard of accuracy and control Advanced skills are performed with some accuracy and control Performance is in-line with expectations for Year 7	Achieves success more often than not in a competitive environment – more so when adapted/modified Is likely to want to attend extra-curricular training sessions, have the ability to challenge for College representation Demonstrates appropriate levels of physical fitness and control.	Successfully selects and uses appropriate skills on some occasions Can apply team strategies/tactics/compositional ideas Demonstrates good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) Good communication either in performance or when peer assessing	Demonstrates good awareness of the rules/regulations of the activity during performance Demonstrates good regard for the safety of themselves and others Can assist referee/umpire age grade
D 0-1 marks	Can demonstrate some/many core skills and few/none advanced skills for the activity in isolation and under competitive pressure Demonstrate progress through core activities Sometimes will be in a group given progression activities	Core skills are performed with limited/no consistency and some/no accuracy and control If Advanced skills are demonstrated they are performed with limited accuracy and success Performance is below expectations for Year 7	Achieves limited success in a competitive environment even when adapted/ modified Unlikely to participate in extra-curricular training or compete for a place in any College teams. Demonstrates limited physical fitness and psychological control during performance	Selects and uses appropriate skills on few occasions Sometimes/rarely applies team strategies/tactics/compositional ideas Demonstrates limited/little awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) Developing/poor communication either in performance or limited when peer assessing	Demonstrates limited awareness of the rules/regulations of the activity during performance Demonstrates limited/little regard for the safety of themselves and others Not confident/willing/able to assist referee/umpire age grade