

Physical Education – Year 10 Curriculum Core Assessment



Level	Range of Year 10 skills/techniques	Quality of skills/Techniques	Performance participation Physical attributes	Decision making	Knowledge of Rules/Principles
M 16-20 marks	Can demonstrate all core and nearly all advanced skills: in isolation and under competitive pressure in authentic performance situations <i>Consistently engaged in Stretch & Challenge activities</i>	Core and advanced skills are performed consistently with an excellent standard of accuracy, control and fluency. <i>Performance is well beyond expectations for Year 10</i>	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 demonstrating an excellent understanding of the activity 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 13-15 marks	Can demonstrate all core skills and most advanced skills in isolation and under competitive pressure in authentic performance situations. <i>Consistently engaged in Stretch & Challenge activities</i>	Core skills are performed consistently with a very good standard of accuracy, control and fluency. Advanced skills are performed with some consistency, accuracy and a very good standard of accuracy, control and fluency. <i>Performance is beyond expectations for Year 10</i>	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 very good levels of physical fitness and control	Successfully selects and uses appropriate skills on many occasions Applies appropriate team strategies/tactics/compositional ideas demonstrating a very good understanding of the activity 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 10-12 marks	Can demonstrate most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations <i>Consistent improvement through progression activities</i> <i>Sometimes will be in a group given stretch and challenge activities</i>	Core skills are performed consistently with a good standard of accuracy control and fluency. Advanced skills are performed with some consistency and a good standard of accuracy and control <i>Performance is in-line with expectations for Year 10</i>	Achieves success more often than not in a competitive environment 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 more often than not Can apply team strategies/tactics/compositional ideas demonstrating a good understanding of the activity 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 <7-9 marks	Can demonstrate some/many core skills and few/none advanced skills for the activity in isolation and under competitive pressure <i>Demonstrate progress through core activities</i> <i>Sometimes will be in a group given progression activities</i>	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 <i>Performance is below expectations for Year 10</i>	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