

### Headlands School PE Year 7 Assessment tracker

	Emerging	Developing	Secure	Excelling
Physical Skills	Students are able to demonstrate, at a <b>simple</b> level, one or more of the basic skills of throwing, catching, running hitting and jumping	Students are able to demonstrate <b>some ability</b> with the basic skills of throwing, catching, running hitting and jumping but this is <b>inconsistent</b>	Students <b>confidently</b> demonstrate <b>abilities</b> with the basic skills of throwing, catching, running, hitting and jumping and <b>apply</b> these to meet the demands of specific sports or physical activities <b>consistently</b> in isolated drills	Students demonstrate their <b>competence</b> in a combination of the basic skills required to excel in a range of sports and begin to show <b>accuracy</b> in sport specific <b>core skills</b> in isolated drills
Physical Attributes; Stamina Strength Suppleness Speed	Students are <b>unable to</b> meet the demands of physical activity due to poor aerobic or muscular capacity e.g. walking during athletics, stood still in basketball	Students display <b>some</b> physical attributes required for taking part in Physical activity in a <b>limited</b> range of sports	Students <b>confidently</b> demonstrate their <b>ability</b> to take part in all activities, <b>consistently</b> meeting the physical requirements of a range of sports.	Students <b>competently</b> demonstrate the required level of physical attributes for their age and sometimes use these to outwit their opponents.
Knowledge of Rules and Tactics	Students can follow <b>simple</b> rules and tactics e.g. only using their feet in football. They can identify very <b>simply</b> , basic tactics.	Students show <b>some ability</b> to follow a range of rules and tactics used in different sports. They can identify <b>some</b> basic tactics.	Students <b>confidently</b> demonstrate the <b>ability</b> to officiate a small sided game, showing a <b>good understanding</b> of the rules. They can <b>confidently identify</b> of simple tactics such as moving into space but are inconsistent in using these to outwit opponents.	Students can <b>competently</b> officiate games with confidence, demonstrating <b>sound understanding</b> of the rules in a range of sports. They are <b>competent in identifying</b> and <b>demonstrating</b> a range of tactics in a specific sport to outwit opponents.
Analysis and evaluation	Students can <b>simply identify</b> their own weaknesses in a sport.	Students can identify <b>some</b> of their own strengths and weaknesses.	Students can <b>confidently identify</b> and <b>describe</b> their own strengths and weaknesses, <b>explaining</b> the impact on the activity and their teammates. They show a <b>good understanding</b> of how to improve their weaknesses.	Students can <b>competently</b> describe the strengths and weaknesses of other people in the group.