**P.E. KS3 Assessment Medals & Percentages**

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| Focus  Area | Copper  1-20% | Bronze  21-40% | Silver  41-60% | Gold  61-80% | Platinum  81-100% |
| Practical Performance | * I can perform simple skills with some confidence and success. * I can use simple skills to have some effect on the outcome of the activity. * I can show co-ordination when linking skills together with some degree of accuracy and precision. | * I can choose, link and combine skills correctly in a range of situations with control and co-ordination. * I am able to modify skills whilst performing to suit changing situations to have a positive effect. * I can consistently perform with balance, speed, strength and agility when performing in different activities. | * I can choose, link and combine skills correctly in a range of situations consistently with control and co-ordination. * I can adapt skills and techniques in a range of activities confidently leading to a successful performance. * I can consistently perform with balance, speed, strength and agility when performing advanced skill in a range of activities. | * I can choose, link and combine advanced skills and techniques in a range of situations consistently with control, co-ordination and accuracy. * I can modify skills to suit changing situations to have a positive and influential effect in competitive situations. * I can perform in complex situations showing high levels of balance, speed, strength and agility. | * I can choose, link and combine advanced skills and techniques in a range of situations consistently with exceptional control, co-ordination and accuracy. * I can modify skills to suit changing situations to have a very positive and highly influential effect in competitive situations. * I can perform in complex situations showing exceptional levels of balance, speed, strength and agility. |
| Fitness | * I can describe when speed, stamina, strength and flexibility are required during performance. * I can warm up and cool down correctly for a specific activity and explain why you do so. * I know how to measure my fitness with simple tests and check for improvements. * I take part in a range of activities. * I have a basic understanding of how to promote your health and fitness. | * I can explain how speed, stamina, strength and flexibility help to be a successful performer. * I can explain the effects of exercise on the body. * I can perform simple health and fitness tests and record my results. * I exercise regularly and have a more developed understanding of health and fitness. * I am living a healthier lifestyle. | * I can analyse strengths and weaknesses in my own and others performance in relation to speed, stamina, strength and flexibility. * I can explain in detail the effects of exercise and why warming up and cooling down is important. * I show some understanding of how to improve my health and fitness. * I am physically fit and have a competent understanding of health and fitness | * I can suggest ways to improve elements of strength, speed, stamina and flexibility in my own and other performance. * I can demonstrate high levels in one strength, speed, stamina and flexibility and competency in the remaining. * I can explain what I need to do to improve my health and fitness. |  |
| Leadership / Team Player | * I am happy being led by others and am developing confidence working with others. * I can compare and comment on my own and others performance with some accuracy. * I can use information to suggest ways for my own and others improvement of performance. * I can recognise a good performer and give reasons why. | * I communicate ideas with others and work coo-operatively with others. * I can analyse and comment on my own and others performance and the skills and techniques applied. * I can use information to modify and refine skills and techniques to improve performance. * I can motivate and encourage other students to perform well. | * I work co-operatively and lead others well, showing respect for others. * I can analyse and comment on my own and others work identifying strengths and weaknesses and ways to improve them. * I can apply strategies such as goal setting to improve performance. * I can take on the role of a coach / trainer / choreographer / leader with some success. | * I can take lead and organise others confidently in a range of activities, showing encouragement and support. * I can analyse and comment on my own and others work showing an understanding of what can impact on the quality of performance. * I can transfer knowledge to a wide variety of activities using advanced strategies, tactics and compositional ideas. * I can plan, organise and communicate effectively to bring about successful and improved performance. | * I am confident in solely leading, organising and officiating. I instil excellent sporting attitudes in others. * I can critically analyse and evaluate using correct terminology to aid successful high level performance. * I can select and use a wide range of advanced strategies, tactics or compositional ideas to enhance performance. * I can successfully take on different roles within an activity, monitor how performance can be improved, act on decisions to bring about improvement. |
| Participation & Attitude / Minds | * I have my kit and have a willingness to participate in lessons I have enough self-confidence to demonstrate and answer questions. | * I have the willingness to try new activities and have a positive attitude towards P.E. I have good self-confidence demonstrate and answer questions in front of peers. | * I always engage in lessons with a real willingness to participate and make progress. I have the confidence to be responsible for leading a small group in an aspect of the lesson. | * I engage in lessons with a real willingness to learn and make progress in whatever capacity. I can lead and officiate with confidence. | * I am confident to lead or officiate in the community on a regular basis. |
|  | * I regularly attend one or more extracurricular activities in P.E. * I regularly take part in physical activities outside school. * I show I have great aspirations to succeed at a high level in sport outside school. | | | | |
| Effort & Motivation | * I attend lessons and do what is asked of me. * I am in the early stages of developing confidence in physical activities. * I participate well in most activities. | * I attend all lessons and try hard. * I am beginning to feel confident in physical activities. * I work hard and am starting to become more motivated to improve. | * I always put a lot of effort into lessons. * I am an enthusiastic participant in all activities. * I show confidence and a willingness to strive to improve. | * I put in a 110% effort into every lesson. * I am well motivated and am a committed participant in all activities. I persevere to overcome challenges. | * I put in a 110% effort into every lesson and enthuse students around me. * I am highly motivated and inspire others with my enthusiasm. * I am resilient and use my initiative in a variety of situations. |