



# Physical Education



## ME in PE Assessment grid – Year 7

| Year 7                                                                                                                                             | Bronze                                                                                                                                                                                                                                                                                                                                                                                                             | Silver                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Gold                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Thinking ME</b><br>Tactics, mental capacity, decision making, evaluation, creativity and collaboration<br><b>Rules, strategy, tactics</b>       | <ul style="list-style-type: none"><li>• Applies simple fundamental movement skills in an activity</li><li>• Uses simple tactics, strategies and ideas</li><li>• Outlines what is good and bad about a performance</li><li>• Organises equipment effectively</li><li>• Follows simple rules or instructions</li></ul>                                                                                               | <ul style="list-style-type: none"><li>• <b>Can make good decisions about when to perform skills in competitive/performance situations.</b></li><li>• Begins to understand what is required to improve performance</li><li>• <b>Can identify their own strengths and areas for development in their performances</b></li><li>• <b>Can apply the basic rules in arrange of different activities independently</b></li><li>• <b>Uses simple tactics and strategies in competitive situations</b></li></ul> | <ul style="list-style-type: none"><li>• Compares performances identifying strengths and improvements</li><li>• Confidently leads small group activities</li><li>• Makes informed choices about engaging in physical activity</li></ul>                                                                                                                                                                                            |
| <b>Physical ME</b><br>Physical literacy, skill and <b>healthy participation.</b><br><b>Motor competence</b>                                        | <ul style="list-style-type: none"><li>• Uses fundamental skills such as throwing, catching and running in isolation with some control</li><li>• Demonstrates a skill or movement when assisted</li><li>• Completes short periods of exercise and can sustain effort in activity</li><li>• Demonstrates an effective warm up</li></ul>                                                                              | <ul style="list-style-type: none"><li>• <b>Can describe and perform the basic technique for a range of different skills in different activities</b></li><li>• Beginning to improve their general levels of fitness because they do not fatigue as easily</li></ul>                                                                                                                                                                                                                                      | <ul style="list-style-type: none"><li>• Demonstrates simple skills in more competitive situations with control and accuracy</li><li>• Combines skills with control and coordination</li><li>• Applies fundamental movement skills and tactics to different activities</li><li>• Improving general levels of fitness so they do not fatigue easily</li><li>• Describe and demonstrates an effective warm up</li></ul>              |
| <b>Personal ME</b><br>Oracy, motivating others, character such as empathy, confidence, determination and resilience<br><b>Personal development</b> | <ul style="list-style-type: none"><li>• Works cooperatively with others during lessons</li><li>• Communicates what is good or bad about a performance to others</li><li>• Can follow a warm up when given demonstration</li><li>• Sets out and uses equipment safely</li><li>• Can follow simple rules</li><li>• Has confidence to participate</li><li>• Listens to and follows instructions from others</li></ul> | <ul style="list-style-type: none"><li>• <b>Can complete an effective warm up and suggests ideas</b></li><li>• Discusses the positive and negative aspects of a performance with others</li><li>• Consistently follows rules</li><li>• Developing an initial understanding of fair play and respect in sport</li><li>• <b>Can demonstrate teamwork and communication skills when working with others.</b></li></ul>                                                                                      | <ul style="list-style-type: none"><li>• Confidently leads a small group warm up or activity</li><li>• Listens to and responds to feedback from others</li><li>• Joins in with all activities even when they find them difficult</li><li>• Shows fair play, respect and support for other pupils in the class</li><li>• Demonstrates self control and responsibility</li><li>• Controls feelings when winning or losing.</li></ul> |