

Year 7 PE Assessment Criteria

- Skill Application in Mini/Full Games
- Decision Making and Self-Evaluation
- Awareness of Health, Fitness and Safety
- Basic Skills

	Year 7 Games
	<ul style="list-style-type: none">• I can consistently demonstrate some advanced skills and techniques in a variety of practices.• I can effectively use some advanced skills and techniques in a game situations with control and accuracy relevant to my position.• I can recognise and explain some of my opponent's strengths / weaknesses, using tactics and strategies to successfully outwit them.• I understand the importance of a warm-up and can lead a warm up for others, recognising the benefits.
	<ul style="list-style-type: none">• I can demonstrate some of the advanced skills and techniques in a variety of practises.• I can use some advanced skills and techniques in a game situations with control and accuracy relevant to my position.• I have an understanding of some of my opponent's strengths / weaknesses. I have an understanding of some of the tactics and strategies that impact on performance.• I can warm up effectively and recognise the benefits of a warm up.
	<ul style="list-style-type: none">• I can demonstrate some skills and techniques in a variety of practises.• I can use some skills and techniques in a game situation with control and accuracy relevant to my position.• I have an understanding of some of my strengths / weaknesses.• I can warm up effectively and recognise some benefits of a warm up.
	<ul style="list-style-type: none">• I can demonstrate some skills and techniques.• I can use some skills and techniques in a game situation relevant to my position.• I can identify one strength or one weakness in my performance.• I can warm up safely and effectively, with teacher instruction and understand some benefits.
	<ul style="list-style-type: none">• I can identify and name some skills and techniques.• I can demonstrate some of the basic skills required in a game situation• I can recognise my main strength.• I can warm up safely and effectively following teacher instruction.

Year 7 Athletics

	<ul style="list-style-type: none"> • I can consistently demonstrate some advanced skills and techniques in a variety of events. • I can effectively use some advanced skills and techniques in competitive situations with precision, relevant to my event. • I can evaluate my own and others performance and give feedback for improvement for some events. • I have a high level of fitness. I understand the importance of a warm-up and can lead a warm up for others, recognising the benefits.
	<ul style="list-style-type: none"> • I can demonstrate some advanced skills and techniques in a variety of events. • I can effectively use some advanced skills and techniques in competitive situations, relevant to my event. • I have an understanding of my own and others performance and give feedback for improvement for some events. • I have a good level of fitness. I understand the importance of a warm-up and can lead a warm up for others, recognising the benefits.
	<ul style="list-style-type: none"> • I can demonstrate some skills and techniques in a variety of events. • I can effectively use some skills and techniques in competitive situations, relevant to my event. • I have an understanding of my own performance and use feedback to improve in some events. • I have a good level of fitness. I can warm up safely and effectively and recognise some benefits.
	<ul style="list-style-type: none"> • I can demonstrate a range of skills and techniques in my strongest event. • I can effectively use my main skill and technique in competitive situations, relevant to my event. • I have an understanding of my one main strength or one weakness for my event. • I have a basic level of fitness. I can warm up safely and effectively following teacher instruction and understand some benefits.
	<ul style="list-style-type: none"> • I can identify and name some skills and techniques in one event. • I can demonstrate some of the basic skills required in my main event. • I can recognise my main strength. • I can warm up safely and effectively, following teacher instruction.

Year 7 Gymnastics

	<ul style="list-style-type: none"> • I can consistently apply some high quality skills and techniques on both floor and apparatus with fluency and control. • I can effectively choreograph sequences including some advanced skills with imagination originality and flair. • I can observe, evaluate and provide feedback on the quality of performance using some specific terminology. • I understand the importance of a warm-up and can lead a warm up for others, recognising the benefits.
	<ul style="list-style-type: none"> • I can apply some complex skills and techniques on both floor and apparatus with fluency and control. • I can effectively choreograph sequences including some of the complex skills with imagination and flair. • I can observe and provide some feedback on the quality of performance. • I can warm up safely and effectively and recognise the benefits of a warm up.
	<ul style="list-style-type: none"> • I can apply some core skills and techniques on both floor and apparatus with fluency and control. • I can effectively choreograph sequences including some of the core skills with imagination and flair. • I can recognise weaknesses in a gymnastic performance. • I can warm up safely and effectively and recognise some benefits.

	<ul style="list-style-type: none">• I can apply some core skills and techniques on the floor and basic apparatus with accurate repetition of movements.• I can plan and perform a sequence of gymnastic movements from a task card.• I can make some simple judgements on my own and others work.• I can warm up safely and effectively, following teacher instruction and understand some benefits.
	<ul style="list-style-type: none">• I can apply some simple skills and techniques on the floor.• I can perform a simple sequence of gymnastic movements from a task card.• I can make some simple judgements on my own and others work with prompts.• I can warm up safely and effectively following teacher instruction.