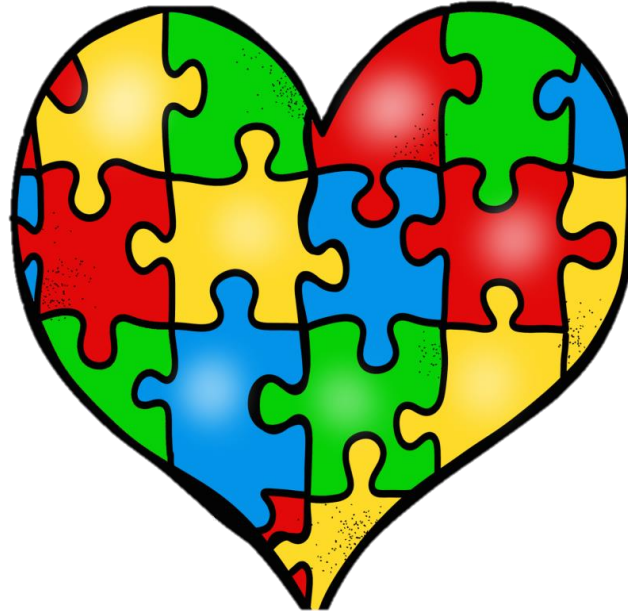
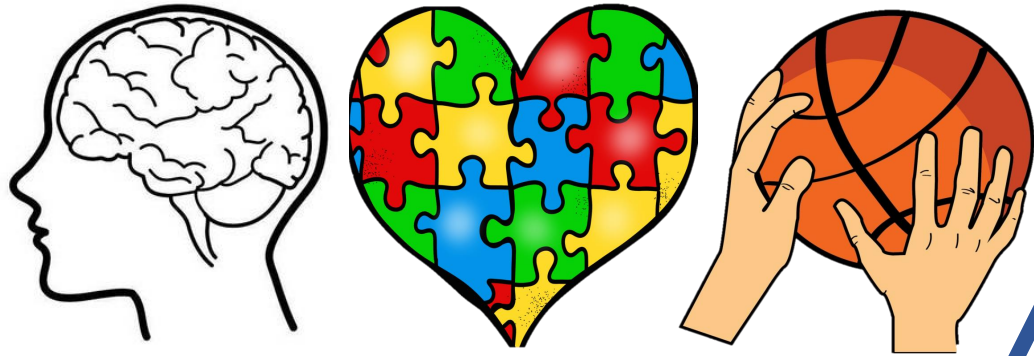


Assessment in KS3 PE



Making sure your **Head, Heart and Hands** are achieving in every PE lesson



**Assessment
in PE**

**Where should I
expect to be at
KS3?**

Year 9

Year 8

Year 7

Grade 9

Grade 8

Grade 7

Grade 6

Grade 5

Grade 4

Grade 3

Grade 2

Grade 1

Grade 9

Grade 8

Grade 7

Grade 6

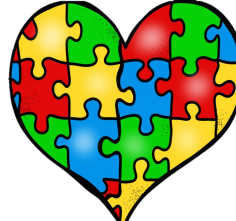
Grade 5

Grade 4

Grade 3

Grade 2

Grade 1



Head

Knowledge | Understanding | Problem Solving | Decision Making

Heart

Communication | Leadership | Resilience | Engagement | Teamwork

Hands

Ability | Skills | Techniques | Performance | Fitness Levels

I can demonstrate my **knowledge** and **understanding** through successful **decision making** and the ability to provide **technical feedback** to other performers.

I am a **positive role model** to my peers and **consistently** demonstrates all of the values of the Heart.

I can consistently perform a range of skills in a **competitive environment**.
I have a **very good** level of fitness.

I can take on a **variety of roles** within lessons and use my **knowledge** and **understanding** to identify strengths and weaknesses of other players/performers.

I communicate and work **effectively** with my peers.
I demonstrate **resilience**.

I can perform skills **under pressure**.
I have a **good** level of fitness.

I am **aware** of my own strengths and weaknesses.
I show my knowledge and understanding by using some key PE words.

I am **engaged** in lessons and can **communicate appropriately** with others.

I can perform skills in a **practice environment**.
I have a **basic** level of fitness.

Year 9

Year 8

Year 7

