PE Scheme of Assessment 2018

Grade	Area 1 Gymnastics	Area 2 Dance	Area 3 Games	Area 4 Athletics	Area 5 Fitness	Area 6 Team work and Co-operation	Area 7 Perseverance	Area 8 Analysis of own and others' work
9.5		Plan original and imaginative work with expression and dynamics	Make effective tactical and strategic decision for almost all of the time appropriate for position played		Achieve quantified progress in fitness through sustained application of a training programme			Justify, explain and apply a plan for improvement
8.5	Apply advanced skills in a variety of gymnastics situations	Show clear musicality and interpretation	Use deception to exploit opponents' weaknesses	Maximise own performance through regular training and use of technology	Apply FITT principles to a personal exercise plan	Plan and deliver a technical element in a lesson.	Understand your own strengths and weaknesses and plan for improvement	Plan for improvement of weaknesses identified.
7.5	Consistently show precision, control and fluency with more advanced skills	Communicate the theme and emotion of the work	Change game play to suit the specific circumstances at that moment	Use more developed techniques well in a range of events	Design a fitness programme using chosen training methods	Provide technical advice to improve group / team work.	Regularly and repeatedly review your own performance and make improvements without being directed to do so	Identify and explain strengths and weaknesses in own and others work.
6.5	Show precision, control and fluency with more advanced skills	Use different levels, speeds, pace and pathways effectively and with creativity	Use a range of relevant skills to create scoring opportunities	Use more developed techniques such as the hitchkick in LJ	Link training methods to desired fitness goals	Identify improvements in group / team work.	Challenge yourself to use the correct technique all the time even when it's hard.	Explain how skills / tactics / choreography used in own and others' work.
5.5	Show precision, control and fluency with basic skills	Use different levels, speeds, pace and pathways	Use relevant skills to keep possession	Use basic techniques across events	Know the health benefits of regular exercise	Use effective and sensitive communication responding to classmates.	Work physically hard for extended periods of time	Describe how skills / tactics / choreography used in own and others' work.
4.5	Perform linked skills in routines	Work with rhythm	Perform skills at the right time and in the right way in games	Use basic techniques in some athletics events	Understand why heart rate changes during exercise	Make a positive contribution to team / group.	Use practice time effectively and productively	Compare own work to that of others
3.5	Perform skills at the right time in routines	Use a range of different actions	Perform skills at the right time in game situations	Apply basic rules and regulations to events	Understand how heart rate changes during exercise	Listen to and follow officials' decisions	Keep focused and concentrate in lessons	See differences between own and others' work
2.5	Remember short routines	Plan and recall short motifs and routines	Perform a range of skills in games	Follow safety rules for each event	Be able to measure own pulse	Take a lead in small group warm ups	Listen effectively	Identify parts of work that are liked
1.5	Link 1 or 2 skills together	Copy a given motif	Use a very limited range of skills in games	Understand the purpose of each activity	Know how to exercise safely	Work amicably in group situations	Have a positive attitude	Identify a good performer
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