



PE Assessment: Basketball

Passing and Catching:

30% Attempt shoulder, overhead, chest and bounce passes but with little accuracy, power and consistency.

40% Demonstrate that my passing and catching skills show some accuracy and consistency.

50% Show a good standard of passing and catching in practice and in game situations.

60% Demonstrate a variety of passes with sound technique and accuracy / consistency.

70/80% Show a variety of passes with excellent speed and timing.

Dribbling:

30% Show limited control when dribbling.

40% Demonstrate effective dribbling unopposed, but unable to dribble past an opponent in a 1v1 situation.

50% Show good control when dribbling in practice and game situations.

60% Dribble effectively with both hands.

70/80% Show that I rarely lose possession in a game situation.

Shooting and lay ups:

30% Demonstrate a set shot with limited accuracy.

40% Demonstrate a set shot with some consistent technique.

50% Attempt a lay up shot, though it is not technically accurate.

60% Demonstrate a consistent lay up technique.

70% Attempt a lay up on my weaker side with reasonable technique. Demonstrate a range of shooting skills executed with a high level of technique.

80% Demonstrate a 75% success rate on the lay up on my strong side.

Tactics (attack/defense) and knowledge of the game:

30% Show a basic understanding of tactics i.e. appreciate the need to move forward in an attacking situation and back towards the basket when defending.

40% Make some interceptions in defence.

50% Demonstrate in a game situation that I am effective in man to man defence

60% Show good vision within a game; see passing opportunities and attack effectively.

70% Demonstrate in a game situation that few unforced errors are made and show a good level of skill even under pressure.

80% Show in a game situation a thorough understanding of tactics and team skills; the ability to take control of a game.



PE Assessment: Football

Passing:

30% Pass the ball with some accuracy.

40% Pass the ball with accuracy in static practices.

50% Pass the ball with accuracy and consistency in a small sided game.

60% Pass the ball with accuracy and consistency to other players in a game, using more than one type of pass. Move into space to receive a pass consistently.

70% Pass the ball accurately using a variety of passes and move into a space after passing the ball in different game scenarios.

80% Pass the ball accurately, both long and short, while under pressure both in practice and in game situations.

Dribbling and control:

30% Sometimes control the ball, but it runs away a lot.

40% Control the ball when not under pressure, in static practices. Dribble the ball consistently in static practices.

50% Control the ball while under some pressure on the move. Dribble the ball consistently in small sided games.

60% Use one or more skills to beat a player in a 1v1 situation. Show some success with my weaker foot in small sided games.

70% Control the ball with more than two parts of the body while under some pressure in larger games. Consistently beat a player in a 1v1 situation in a larger game.

80% Use a variety of different techniques to beat a player in a 1v1 situation in a larger game.

Shooting:

30% Sometimes shots will go in from short distances.

40% Able to shoot close to the goal and get at least 40% of shots on target.

50% Shoot accurately under some pressure in a game.

60% Shoot accurately while being marked closely in a game and attempt a variety of shots.

70/80% Shoot accurately and consistently from a variety of positions, while being marked closely in a game.

Tactics (attack/defence) and knowledge of the game:

30% Describe some of the basic rules of football.

40% Demonstrate some idea of the different playing positions and can play one of them. Describe the basic rules of football.

50% Demonstrate knowledge of the rules of football when playing a small sided game.

60% Describe some of the tactics and formations used in football.

70% Describe all the key rules of football and can apply them to different types of game. Can play in more than one position, specialising either as a defender, midfielder or forward.

80% Make significant contribution to attacking / defensive play and the performance affects the outcome of the game.

PE Assessment: Handball

Passing and Catching:

30% Do a bounce, chest and overhead pass but often passes don't reach my partner. Most passes are completed using 2 hands. Can catch a variety of passes with 2 hands but not always successfully.

40% Pass accurately most of the time to a stationary partner, using a variety of passes. Can attempt to pass 1-handed. Can consistently catch well with 2 hands and attempts to use 1 hand.

50% Throw the ball to my partner in a variety of ways over a longer distance with 1 hand. Attempt to catch 1-handed but often stops/hits ball away rather than absorbing the energy.

60% Receive a variety of passes with 1 hand consistently.

70/80% Show a variety of passes with good speed and timing.

Dribbling and footwork:

30% Show little control of ball when dribbling. Attempt to use 3-step rule but often overstep.

40% Can perform correct footwork but when at speed often overstep. Can dribble with some success but easily loses control when running.

50% Can dribble well at different speeds in drills but lose the ball quickly in a game. Clearly understand footwork and use it correctly in drills but oversteps more often in a game.

60% Can dribble well at different speeds and maintain possession well in a game. Footwork is consistent in a game situation.

70/80% Show excellent, consistent footwork skills, showing very good balance and agility. Dribbling is excellently controlled and close to the body.

Shooting:

30% Sometimes shots will go in from short distances.

40% Able to shoot close to the goal and get at least 40% of shots on target.

50% Shoot accurately under some pressure in a game.

60% Shoot accurately while being marked closely in a game and attempt a variety of shots.

70/80% Shoot accurately and consistently from a variety of positions, while being marked closely in a game.

Tactics (attack/defense) and knowledge of the game:

30% Recall the 3 second rule, 3-step rule and double dribble rule. Understand the need to move quickly to get rid of a marker.

40% Looks for space and tries to run into it. Try and mark a player but they can often get free.

50% Use limited skills to retain possession while under pressure. Often throw the ball within 3 seconds.

60% Mark a player side-ways on / goal side. Dodge to get free from my marker and sometimes win the ball. Show understanding that my team can switch quickly from offence to defence.

70% Disguises passes and runs. Links well with team mates when attacking and defending.

80% Make significant contribution to attacking / defensive play and the performance affects the outcome of the game. Always mark players tightly and have success at interceptions.

PE Assessment: Netball

Passing and Catching:

30% Attempt shoulder, overhead, chest and bounce passes but with little accuracy, power and consistency.

40% Demonstrate that my passing and catching skills show some accuracy and consistency.

50% Show a good standard of passing and catching in practice and in game situations.

60% Demonstrate a variety of passes with sound technique and accuracy / consistency.

70/80% Show a variety of passes with excellent speed and timing.

Footwork:

30% Demonstrate little evidence of correct footwork in competitive situations.

40% Demonstrate that footwork is usually correct in a game.

50% Demonstrate that footwork is consistent in a game.

60% Demonstrate that footwork is consistently accurate.

70/80% Demonstrate that footwork is faultless.

Attacking play:

30% Apply simple dodging tactics in a game

40% Select the appropriate pass for the situation.

50% Demonstrate a basic understanding of attacking principles.

60% Shoot accurately while being marked closely in a game.

70/80% Make significant contribution to attacking play. The performance affects the outcome of the game.

Defensive play:

30% Show attempts to intercept passes.

40% Demonstrate basic marking tactics.

50% Demonstrate a basic understanding of defensive principles.

60% Read the game well and demonstrate effective marking techniques.

70%/80% Make significant contribution to defensive play. The performance affects the outcome of the game.

PE Assessment: Table Tennis

Forehand:

- 30% Perform a forehand with some consistency.
- 40% Perform forehand shots consistently.
- 50% Demonstrate the ability to use a forehand drive.
- 60% Apply top spin or back spin effectively to forehand shots.
- 70/80% Apply top spin and back spin effectively to forehand shots.

Backhand:

- 30% Perform a backhand with some consistency.
- 40% Perform backhand shots consistently.
- 50% Demonstrate the ability to use a backhand drive.
- 60% Apply top spin or back spin effectively to backhand shots.
- 70/80% Apply top spin and back spin effectively to backhand shots.

Serve:

- 30% Perform a limited but legal serve.
- 40% Perform a legal serve with some consistency.
- 50% Perform the serve with consistency and to different parts of the table.
- 60% Apply top spin or back spin effectively to the serve.
- 70/80% Apply top spin and back spin effectively to the serve.

Tactics (attack/defense) and knowledge of the game:

- 30% Return the ball sometimes.
- 40% Move my opponent around the table slightly. Describe the basic rules of table tennis.
- 50% Describe when to play specific shots to aid performance.
- 60% Demonstrate the ability to deceive an opponent to score a point.
- 70% Describe the technical rules of table tennis. Demonstrate a very good knowledge of positional play.
- 80% Often choose the correct shot to play in a variety of game situations.

PE Assessment: Fitness (Boys)

Cardiovascular Endurance:

- 30% 1200 metres in the Coopers 12 min run.
- 40% 1500 metres in the Coopers 12 min run.
- 50% 1800 metres in the Coopers 12 min run.
- 60% 2100 metres in the Coopers 12 min run.
- 70% 2400 metres in the Coopers 12 min run.
- 80% 2700 metres in the Coopers 12 min run.

Muscular Endurance:

- 30% Perform 10 full sit ups in a 1 min sit up test.
- 40% Perform 16 full sit ups in a 1 min sit up test.
- 50% Perform 22 full sit ups in a 1 min sit up test.
- 60% Perform 28 full sit ups in a 1 min sit up test.
- 70% Perform 34 full sit ups in a 1 min sit up test.
- 80% Perform 40 full sit ups in a 1 min sit up test.

Power:

- 30% Perform a standing long jump of 120 cm.
- 40% Perform a standing long jump of 140 cm.
- 50% Perform a standing long jump of 160 cm.
- 60% Perform a standing long jump of 180 cm.
- 70% Perform a standing long jump of 200 cm.
- 80% Perform a standing long jump of 220 cm.

Speed:

- 30% Run a time of 6.5 secs or better in the 30M sprint.
- 40% Run a time of 6 secs or better in the 30M sprint.
- 50% Run a time of 5.5 secs or better in the 30M sprint.
- 60% Run a time of 5 secs or better in the 30M sprint.
- 70% Run a time of 4.75 secs or better in the 30M sprint.
- 80% Run a time of 4.5 secs or better in the 30M sprint.

Flexibility:

- 30% Perform a sit and reach test of -5cm or above.
- 40% Perform a sit and reach test of 0cm or above.
- 50% Perform a sit and reach test of 5cm or above.
- 60% Perform a sit and reach test of 10cm or above.
- 70% Perform a sit and reach test of 15cm or above.
- 80% Perform a sit and reach test of 20cm or above.

PE Assessment: Fitness (Girls)

Cardiovascular Endurance:

- 30% 1000 metres in the Coopers 12 min run.
- 40% 1300 metres in the Coopers 12 min run.
- 50% 1600 metres in the Coopers 12 min run.
- 60% 1900 metres in the Coopers 12 min run.
- 70% 2200 metres in the Coopers 12 min run.
- 80% 2500 metres in the Coopers 12 min run.

Muscular Endurance:

- 30% Perform 8 full sit ups in a 1 min sit up test.
- 40% Perform 13 full sit ups in a 1 min sit up test.
- 50% Perform 18 full sit ups in a 1 min sit up test.
- 60% Perform 23 full sit ups in a 1 min sit up test.
- 70% Perform 28 full sit ups in a 1 min sit up test.
- 80% Perform 33 full sit ups in a 1 min sit up test.

Power:

- 30% Perform a standing long jump of 100 cm.
- 40% Perform a standing long jump of 120 cm.
- 50% Perform a standing long jump of 140 cm.
- 60% Perform a standing long jump of 160 cm.
- 70% Perform a standing long jump of 180 cm.
- 80% Perform a standing long jump of 200 cm.

Speed / Agility:

- 30% Run a time of 7 secs or better in the 30M sprint.
- 40% Run a time of 6.5 secs or better in the 30M sprint.
- 50% Run a time of 6 secs or better in the 30M sprint.
- 60% Run a time of 5.5 secs or better in the 30M sprint.
- 70% Run a time of 5 secs or better in the 30M sprint.
- 80% Run a time of 4.75 secs or better in the 30M sprint.

Flexibility:

- 30% Perform a sit and reach test of -5cm or above.
- 40% Perform a sit and reach test of 0cm or above.
- 50% Perform a sit and reach test of 5cm or above.
- 60% Perform a sit and reach test of 10cm or above.
- 70% Perform a sit and reach test of 15cm or above.
- 80% Perform a sit and reach test of 20cm or above.

PE Assessment: Dance

Musicality:

30% I can listen to a piece of movement and understand what type of dance will match it. I can move in time to a piece of music.

40% I understand that a piece of music can contain more than one rhythm, I can change the speed of my movements.

50% I can move to individual beats and adapt my dance to fit music with ease.

60% I develop interesting choreography which shows unique interpretation of a piece of music.

70-80% I can interpret music showing flair and originality, my movements surprise and delight an audience.

Dynamics: The energy I put into my movements.

30% I can show energy through one or two movements.

40% I can show changes in energy in a dance, I can do this with my arms and legs.

50% I can use the techniques of sudden movement, abrupt movement and more gentle fluid movement and I can transition between the two.

60% I can show a range of different dynamics in a piece of dance. My energy engages the audience and the change in dynamics happens fluidly and effortlessly.

70-80% I interpret music within my choreography and I change my dance moves to show emotion in the music. I show a range of different energy and I use facial expression to show different emotions.

Timing:

30% I can clap in time to the music and count to the beat in sets of 4 and 8.

40% I can start my own sequence or routine in time to the music without guidance.

50% I can use appropriate movement in time to the music.

60% I can choreograph original movement that fits to the timing of the given music.

70-80% I can change and adapt my choreography to fit in time to the music.

Accuracy:

30% I can repeat a routine of 8 counts accurately.

40% I can repeat a routine of 32 counts accurately.

50% I can repeat a routine of 64 counts accurately include some movements that last for 2 beats or half a beat.

60% I can repeat a routine of 64 counts accurately ensure my arms and legs move to identical angles each time I repeat the routine.

70-80% I can evaluate the accuracy of my movements and others by watching video playback and give constructive criticism to myself and peers in order to improve.

PE Assessment: Tennis

Hitting (Forehand/Backhand/ Volleys):

- 30% Can make contact with the ball but do not always get it over the net.
- 40% Frequently make contact with the ball and it usually goes over the net.
- 50% Can hit the ball over the net and beginning to select different shots to use.
- 60% Can perform a variety of shots (forehand, backhand and volleys) which are often successful.
- 70% Can perform a variety of shots (forehand, backhand and volleys) with success.
- 80% Can use a variety of spins, using forehand and backhand, with consistency.

Serving:

- 30% Can serve underarm.
- 40% Will have a go at the overhead serve but not always connect successfully.
- 50% Can perform the overhead serve.
- 60% The overhead serve is performed consistently and some power is shown.
- 70% The overhead serve is usually powerful and is often placed away from the opponent.
- 80% The overhead serve is always powerful and regularly placed accurately.

Rules and scoring:

- 30% Need help to understand the scoring system.
- 40% Know some of the rules, but they're often broken.
- 50% Know the rules, but occasionally get them wrong, particularly in game situations. Able to score a singles game but have trouble understanding the doubles scoring system.
- 60% Can apply the rules to a game situation. Singles scoring is good and, with help, can score a doubles game.
- 70% Know the rules and rarely make mistakes. Can score both singles and doubles games.
- 80% Know the more technical rules and rarely make mistakes. Confident in umpiring both singles and doubles games.

Tactics:

- 30% Can use my forehand or backhand to return the ball.
- 40% Can employ some basic singles tactics, such as moving an opponent around the court.
- 50% Show awareness of when to use the volley or lob.
- 60% Can play with a partner in a doubles match, using some basic tactics.
- 70% Know when to use spin on the ball. Know a range of tactics in doubles.
- 80% Can use knowledge of tactics and shots to give an advantage (especially the serve). Easily able to adapt to expose an opponent's weaknesses.

PE Assessment: Rounders

Fielding:

30% Demonstrates basic catching and throwing action over short distances, but the technique is poor with little consistency.

40% Demonstrates throwing both underarm and overarm with some accuracy and consistency. Regularly catches the ball but cannot return the ball quickly when fielding.

50% Demonstrates overarm and underarm throws with accuracy and catches confidently.

60% Able to pick up the ball on the run and can demonstrate a long barrier. Has difficulty catching balls fielded in from deep field.

70% Demonstrates all skills with consistency and anticipates where the ball is going and adjusts their position to field.

80% Shows clear evidence of being able to field the ball accurately to the bases. Can show the long barrier technique and pick up the ball on the run, either chasing or attacking. Able to consistently catch balls fielded in from deep field.

Bowling:

30% Can perform a static bowling action. Very inconsistent and bowls a high percentage of no balls.

40% Correct stepping action evident, with few no balls bowled. No evidence of variation in delivery

50% Stepping action is fluent with changes in height of bowl evident to try and outwit the batter.

60% Stepping action is fluent with changes in speed of bowl evident to try and outwit the batter.

70% Rhythmic stepping action. Shows full variation of height and speed. Also demonstrates spin to try to outwit his/her opponent.

80% Demonstrates excellent technique in all variations of height, spin with very few no balls being bowled.

Batting:

30% Has idea of where to stand when receiving the ball, but rarely makes contact.

40% Knows where and how to stand when receiving the ball.

50% Adopts correct stance with good grip and can hit the ball with some consistency.

60% Adopts correct stance with good grip and can place the ball according to the field

70% Demonstrates a good ready position and technique when hitting the ball. Shows clear evidence of placing the ball in the field to avoid fielder in differing positions.

80% Approaches the box with great confidence and adopts a very positive stance. Able to place the ball according to the field set and type of delivery, using forehand and backhand.

Tactics within a game:

30% Takes part with little effect in the game and struggles to perform the basic skills.

40% More effective in the game, but pressure of competitive situation affects performance.

50% More significant contribution to the game and carries out skills with some consistency.

60% Significant contribution to the game and carries out skills consistently.

70% Exerts considerable influence on the game in areas of batting, bowling and fielding. In play makes very few errors and performs with increasing confidence.

80% Exerts significant control over the game and demonstrates an outstanding level of skill in all areas of batting, bowling and fielding.

PE Assessment: Athletics

30% Achieves a bronze medal in at least one event.

40% Achieves a bronze medal in at least two events.

50% Achieves a silver medal in at least one event.

60% Achieves a silver medal in at least two events.

70% Achieves at least one gold and two silver medals.

80% Achieves at least three gold medals.

90% Achieves at least four gold medals.

100% Achieves at least five gold medals.

