

KS3 PE Bands of Assesemnt at The Cooper School

BAND	LEADERSHIP STRAND	BAND	PERFORMANCE STRAND
(3) Grass route	<ul style="list-style-type: none"> <input type="checkbox"/> I can work towards a teacher set target <input type="checkbox"/> I can identify areas I like and dislike in my/ others work <input type="checkbox"/> I can construct a feedback conversation with a teachers help 	(3) Grass route	<ul style="list-style-type: none"> <input type="checkbox"/> I show basic movement control and co-ordination <input type="checkbox"/> I am aware of my surroundings/ context when performing <input type="checkbox"/> I can replicate basic sporting actions
(4) Fundamental	<ul style="list-style-type: none"> <input type="checkbox"/> I can set myself and others a basic SMART target <input type="checkbox"/> I can constructively evaluate mine and other students performance <input type="checkbox"/> I can make basic suggestions on how to improve performance 	(4) Fundamental	<ul style="list-style-type: none"> <input type="checkbox"/> I am able to perform varying skills with basic control in practise situations <input type="checkbox"/> I demonstrate some control and quality in competitive situations <input type="checkbox"/> I have a basic understanding of sport specific skills/ techniques
(5) Developed	<ul style="list-style-type: none"> <input type="checkbox"/> I can describe the differing types of skill <input type="checkbox"/> I can use and construct teaching points to aid progression and understanding <input type="checkbox"/> I can break down skill into preparation / execution and recovery phases in order to evaluate performance 	(5) Developed	<ul style="list-style-type: none"> <input type="checkbox"/> I can perform and replicate some techniques specific to the activity <input type="checkbox"/> I occasionally show some quality and control in a game situation <input type="checkbox"/> I am able to demonstrate skills under control in a practise situation
(6) Secure	<ul style="list-style-type: none"> <input type="checkbox"/> I can confidently compare performances and utilise differing types of practise to improve skill <input type="checkbox"/> I can describe the differing types of guidance ,and can utilise with confidence <input type="checkbox"/> I show good organisational and communication skills throughout my coaching 	(6) Secure	<ul style="list-style-type: none"> <input type="checkbox"/> I can correctly and accurately demonstrate skills specific to the activity <input type="checkbox"/> I can link skills accurately <input type="checkbox"/> I perform skills with control in practise and game situations
(7) Advanced	<ul style="list-style-type: none"> <input type="checkbox"/> I can describe the differing types of feedback <input type="checkbox"/> I can utilise correct feedback methods, with good demonstrations, in order to modify performance <input type="checkbox"/> I can structure and produce a lesson plan 	(7) Advanced	<ul style="list-style-type: none"> <input type="checkbox"/> I can select and combine skills specific to the activity with control and fluency <input type="checkbox"/> I consistently demonstrate control in practise and game situations <input type="checkbox"/> I can coordinate various body parts at the same time with control
(8) Expert	<ul style="list-style-type: none"> <input type="checkbox"/> I can plan practices to improve my and other performance <input type="checkbox"/> I can analyse individual and team gameplay confidently <input type="checkbox"/> I can identify strengths and weakness in gameplay, noting the impact they have on performance 	(8) Expert	<ul style="list-style-type: none"> <input type="checkbox"/> I am able to adapt and modify skills to best suit the situation or competitive stimulus. <input type="checkbox"/> I show control and quality of movement, both in competitive and practise situations <input type="checkbox"/> I am consistent in my skills application.
(EP) Mastered	<ul style="list-style-type: none"> <input type="checkbox"/> I lead and officiate with knowledge, confidence, organisation and excellent communication <input type="checkbox"/> I can critically evaluate and adapt my coaching sessions to changing situations <input type="checkbox"/> I can critically review my own and others coaching performance. 	(EP) Mastered	<ul style="list-style-type: none"> <input type="checkbox"/> I can Fluently perform advanced skills effectively <input type="checkbox"/> My performance shows fluency, control and quality, regardless of circumstance <input type="checkbox"/> I can select, combine and adapt skills in a competitive activity, producing an excellent performance

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BAND	CHARACTER STRAND
(3) Grass route	<ul style="list-style-type: none"> <input type="checkbox"/> I understand why team work is important <input type="checkbox"/> I can talk about my feelings in changing situations <input type="checkbox"/> I have an open mindset
(4) Fundamental	<ul style="list-style-type: none"> <input type="checkbox"/> I am positive and empathise when helping others <input type="checkbox"/> I show signs of confidence and determination in changing situations <input type="checkbox"/> I try new challenges with a growth mindset
(5) Developed	<ul style="list-style-type: none"> <input type="checkbox"/> I have developing confidence in unfamiliar situations <input type="checkbox"/> I attempt new skills to the best of my ability with confidence <input type="checkbox"/> I can cope with my changing emotions in unfamiliar situations, using basic mindfulness techniques
(6) Secure	<ul style="list-style-type: none"> <input type="checkbox"/> I know when to seek advice from others, acting constructively on it <input type="checkbox"/> I can express my emotions in a controlled manner, considering the impact on others and my community <input type="checkbox"/> I work well in a team and understand the importance of discussion and equality as key factors of success
(7) Advanced	<ul style="list-style-type: none"> <input type="checkbox"/> I have the confidence and self belief to give all activities my best, and am determined to succeed, in changing environments <input type="checkbox"/> I am happy to lead rather than being led, having a strong ability to manage others <input type="checkbox"/> I understand and demonstrate the values of fair play, determination and compassion consistently
(8) Expert	<ul style="list-style-type: none"> <input type="checkbox"/> I understand embody the notion of Sportsmanship, upholding British values, and can support others during difficult situations <input type="checkbox"/> I am confident when performing in all situations, and am determined to succeed as an individual and as part of a team. <input type="checkbox"/> I can lead others confidently with excellent compassion and empathy
(EP) Mastered	<ul style="list-style-type: none"> <input type="checkbox"/> I am a key player/ leader in all activities, demonstrating I have an excellent understanding of my own and others physical and mental capacity <input type="checkbox"/> I can critically evaluate my personality and adapt it to most situations <input type="checkbox"/> I show no falter in failure and do not give up on any activity or task, embodying the school values of "Dream Big, Work Hard, Be Kind"

BAND	DECISION MAKING STRAND
(3) Grass route	<ul style="list-style-type: none"> <input type="checkbox"/> I can follow the instructions of others <input type="checkbox"/> I can identify when things go well and when things go wrong <input type="checkbox"/> I understand the importance of evaluation
(4) Fundamental	<ul style="list-style-type: none"> <input type="checkbox"/> I have a basic understanding of some tactics used in gameplay <input type="checkbox"/> I can make some decisions in a drill / practise situation <input type="checkbox"/> I can state how tactics can influence gameplay
(5) Developed	<ul style="list-style-type: none"> <input type="checkbox"/> I have some input in planning tactics and strategies <input type="checkbox"/> I can make some decisions in a game situation that have some positive effect <input type="checkbox"/> I can respond to simple situations, making simple logical decisions
(6) Secure	<ul style="list-style-type: none"> <input type="checkbox"/> I can sometimes adapt strategies according to the situation <input type="checkbox"/> I can make decisions in a small sided game, often with support <input type="checkbox"/> I can independently plan tactics and strategies that have an effect on a competitive situation.
(7) Advanced	<ul style="list-style-type: none"> <input type="checkbox"/> I have some input into evaluating tactics and strategies <input type="checkbox"/> I have sound understanding of sport specific strategies and tactics <input type="checkbox"/> My decisions positively influence gameplay
(8) Expert	<ul style="list-style-type: none"> <input type="checkbox"/> I can apply and review effective tactics independently <input type="checkbox"/> I can control the game through "Captaining" <input type="checkbox"/> I can identify strengths and weaknesses of others, suggesting strategies to overcome
(EP) Mastered	<ul style="list-style-type: none"> <input type="checkbox"/> My decisions are autonomous and varied showing originality and flare <input type="checkbox"/> My tactics control the opposition <input type="checkbox"/> I can apply knowledge of varying tactics to "like sports", managing a team in a competitive situation

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BAND	HEALTH AND FITNESS STRAND
(3) Grass route	<ul style="list-style-type: none"> □ I can state the functions of the main body systems □ I can describe the warm up process □ I can take pulse rate and identify why it is effected by exercise
(4) Fundamental	<ul style="list-style-type: none"> □ I can describe the components of fitness □ I can describe the importance of exercise and diet □ I can suggest how differing heart rates can train differing elements of fitness
(5) Developed	<ul style="list-style-type: none"> □ I can describe specific benefits of exercise (Social– Emotional– Physical) □ I describe ways in which exercise effects varying body systems □ I can describe and undertake tests that monitor fitness
(6) Secure	<ul style="list-style-type: none"> □ I can explain the methods of training used to boost and maintain fitness □ I can monitor a fitness training programme ,using normative data □ I understand how to calculate MHR and its applications in fitness training
(7) Advanced	<ul style="list-style-type: none"> □ I can describe the differing muscle fibre types in the human body □ I can identify how movement occurs through agonistic pairs □ I can utilise planes and axis to describe movement
(8) Expert	<ul style="list-style-type: none"> □ I can describe the three lever systems of the human body □ I can describe how differing body systems are effected by exercise, giving specific examples □ I can explain the how should be fuelled during and after exercise to ma inta in homeostasis
(EP) Mastered	<ul style="list-style-type: none"> □ I can compare fitness test data with normative results and draw conclusions, linking to components of health and fitness □ I can plan, lead and review a fitness session with a specific focus □ I can independently set fitness targets for myself and others