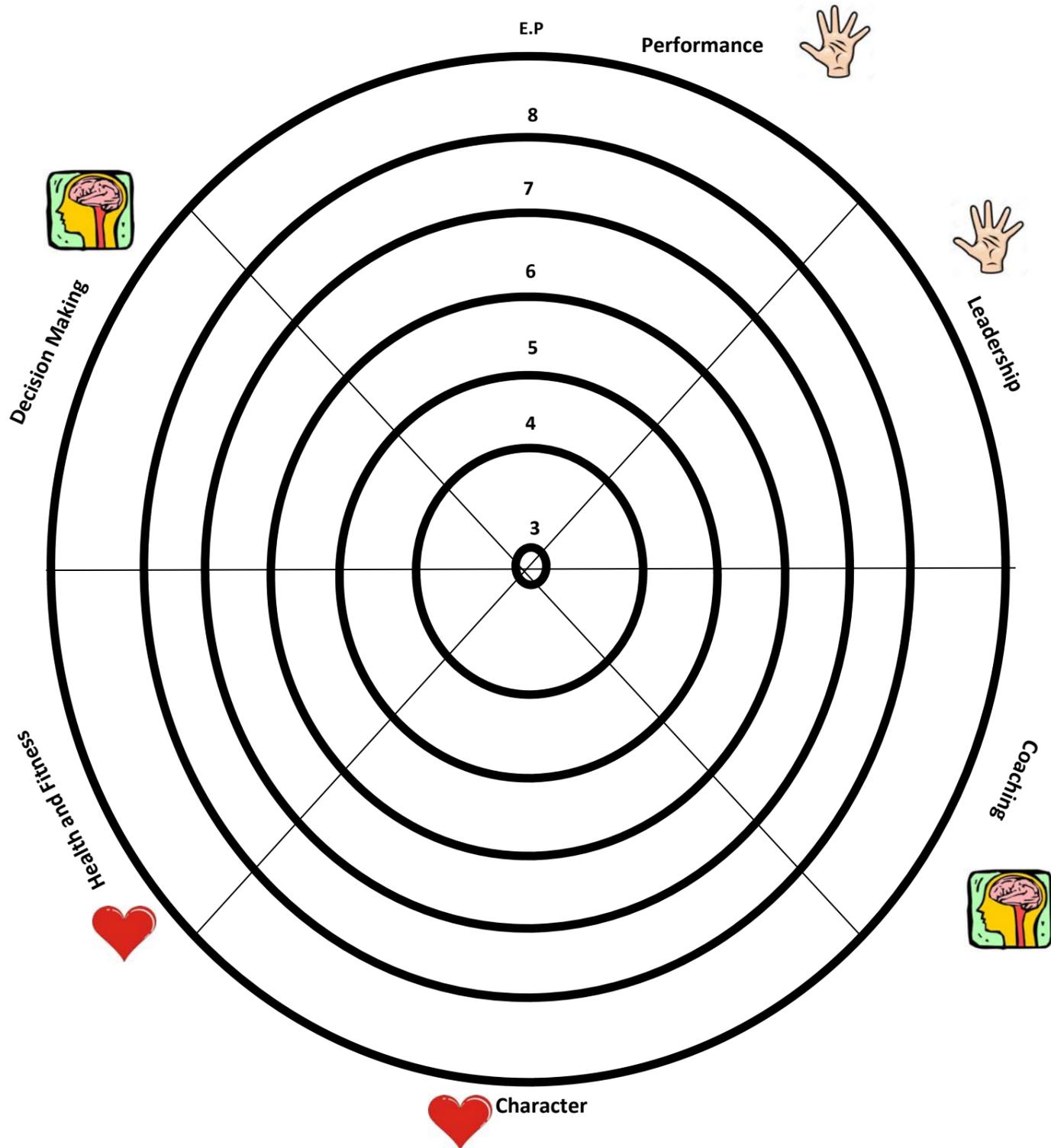


Band	Assessment Strand					
	Leadership <i>(Lead and Officiate)</i> 	Coaching <i>(Analysis and Improvement)</i> 	Performance <i>(Technique and skill development)</i> 	Decision Making <i>(Tactics and Strategy)</i> 	Character <i>(Citizenship and sportsmanship)</i> 	Health and Fitness <i>(leading a healthy active lifestyle)</i> 
Grass Roots (3)	<ul style="list-style-type: none"> I have limited knowledge of rules I can help set up activities I can demonstrate basic communication skills 	<ul style="list-style-type: none"> I can set myself a basic target I can make basic comments on other students performance I can make basic suggestions on how to improve performance 	<ul style="list-style-type: none"> I am able to perform skills to a basic level I demonstrate minimal control and quality I have a basic understanding of sport specific skills 	<ul style="list-style-type: none"> I have a basic understanding of some tactics used in gameplay I can make some decisions in a drill / practise situation I can state how tactics can influence gameplay 	<ul style="list-style-type: none"> I am positive when helping others I show signs of confidence and determination I try some new challenges 	<ul style="list-style-type: none"> I can describe some ways in which exercise is good for you I know why warming up is important I can suggest how to structure a training session
Fundamental (4)	<ul style="list-style-type: none"> I understand the principle of teaching points I can assist in the running of a session I can officiate small sided games 	<ul style="list-style-type: none"> I can make limited suggestions on how to improve my own and others performance I set myself targets and understand when they are achieved I have attempted to improve my performance with limited success 	<ul style="list-style-type: none"> I can perform some techniques specific to the activity I occasionally show some quality and control I am able to demonstrate skills in practise 	<ul style="list-style-type: none"> I have some input in planning tactics and strategies I can make some decisions in a game situation I can respond to simple situations 	<ul style="list-style-type: none"> I have developing confidence in unfamiliar situations I attempt new skills to the best of my ability I can cope with my emotions 	<ul style="list-style-type: none"> I know how to take pulse rate and its relevance to exercise I can suggest basic ways in which exercise affects the body I can perform an appropriate warm up activity
Developed (5)	<ul style="list-style-type: none"> I can lead small groups for a short duration (w/up) I have the confidence to make decisions and assert authority I show good organisational and communication skills 	<ul style="list-style-type: none"> I can compare performances and give basic feedback I understand the importance of targets and can set them accordingly I understand how to improve performance and can suggest some ideas 	<ul style="list-style-type: none"> I can correctly demonstrate skills specific to the activity I can link skills accurately I perform skills with control in practise and game situations 	<ul style="list-style-type: none"> I can sometimes adapt strategies according to the situation I can make decisions in a small sided game I can independently plan tactics and strategies 	<ul style="list-style-type: none"> I know when to seek advice from others I can express my emotions in a controlled manner I work well in a team and try hard to succeed 	<ul style="list-style-type: none"> I can explain the rationale for each part of a warm up I can name major muscles in the body, including their orientation I can describe why exercise is important in a healthy active lifestyle
Secure (6)	<ul style="list-style-type: none"> I can give clear feedback with good demonstrations I am a confident official displaying excellent understanding of rules I can structure and produce a basic lesson plan 	<ul style="list-style-type: none"> I can identify strengths and weaknesses in a performance I have good ideas for improving performance and suggest means of improvement to others I can set managed targets for myself and others, demonstrating the ability to review success 	<ul style="list-style-type: none"> I can select and combine skills specific to the activity I consistently demonstrate control in practise situations I can coordinate various body parts at the same time 	<ul style="list-style-type: none"> I have some input into evaluating tactics and strategies I have sound understanding of sport specific strategies and tactics My decisions influence gameplay 	<ul style="list-style-type: none"> I have confidence to give all activities a go and am determined to succeed I am happy to lead rather than being led I understand and demonstrate the values of fair play 	<ul style="list-style-type: none"> I understand how to calculate MHR and its applications in fitness training I can identify Components of Health and Fitness I can plan and lead an effective warm up
Advanced (7)	<ul style="list-style-type: none"> I can confidently undertake 3 roles in a PE lesson I can confidently plan and lead large groups of my peers I demonstrate excellent communication techniques 	<ul style="list-style-type: none"> I can plan practices to improve my and other performance I can analyse individual and team gameplay confidently I can identify strengths and weakness in gameplay, noting the impact they have on performance 	<ul style="list-style-type: none"> I am able to adapt skills to best suit the situation I show control and quality of movement both in competitive and practise situations I am consistent in my skills application. 	<ul style="list-style-type: none"> I can apply and review effective tactics independently I can control the game through "Captaining" I can identify strengths and weaknesses of others 	<ul style="list-style-type: none"> I understand the notion of Sportsmanship and can support others during difficult situations I am confident when performing in all situations, and am determined to succeed as an individual and as part of a team. I can lead others confidently 	<ul style="list-style-type: none"> I can conduct appropriate fitness tests and record results I can describe how differing body systems are affected by exercise, giving specific examples I can explain the benefits of regular exercise
Expert (8)	<ul style="list-style-type: none"> I lead and officiate with knowledge, confidence, organisation and excellent communication I can adapt my sessions to changing situations I can critically review my performance 	<ul style="list-style-type: none"> I can critically evaluate my own and other performance I can plan methods for improvement and monitor their effects of performance I can set specific targets for myself and others, demonstrating the ability to critically review their success. 	<ul style="list-style-type: none"> I can perform advanced skills effectively My performance shows control and quality regardless of circumstance I can select, combine and adapt skills in a competitive activity, producing an excellent performance 	<ul style="list-style-type: none"> My decisions are autonomous and varied My tactics control the opposition I can apply knowledge of varying tactics to "like sports" 	<ul style="list-style-type: none"> I am a key player/ leader in all activities I can critically evaluate my personality and adapt it to most situations I show no falter in failure and do not give up on any activity or task 	<ul style="list-style-type: none"> I can compare fitness test data with normative results and draw conclusions I can plan and lead a fitness session with a specific focus I can set fitness targets for others
Mastered (EP)	<ul style="list-style-type: none"> I can effectively officiate in highly competitive circumstances I can critically evaluate my leadership sessions My sessions are planned as a result of the "progressive principle" 	<ul style="list-style-type: none"> I have advanced knowledge of skill development, and base methods of improvement on these I set and critically review SMART targets to critically review my and others progress, I can critically review performance commenting on cause and impact upon performance. 	<ul style="list-style-type: none"> I consistently show originality in my performance demonstrating clear confidence I have excellent knowledge of advanced techniques My performance demonstrates fluency and autonomous movement 	<ul style="list-style-type: none"> My tactics show originality and flare I can confidently manage a team in a competitive situation I show detailed critique in my AOP 	<ul style="list-style-type: none"> I have an excellent understanding of my own and others physical and mental capacity I can confidently explain and demonstrate the notion of fair play and sportsmanship I am a consistent role model to others 	<ul style="list-style-type: none"> I can link Components of Health and Fitness to sports confidently I can set and review a PEP for myself and others articulately I independently make well informed decisions about my own health and fitness

KS3-4 Target Tracker



Are you a **HANDS, HEART** or **HEAD** person ?

The Cooper School

PE Progress Tracker



NAME _____ YEAR _____
 GROUP _____ TEACHER _____

Assessment guidance

At the start of a unit students must set themselves a target pertaining to the stage that they aspire to achieve. This is recorded on the **back page** on the **Target Tracker**.

When recording progress, each tick indicates a sub level E..G

One tick = **C (Beginning)**

Two ticks = **B (Developing)**

Three Ticks = **A (Secured)**

Once **ALL** stage criteria are met, the student must demonstrate **CONCISTENCY** in **ALL** sub levels **BEFORE** the level is said to be **"MASTERED"** and a next stage is attempted.

Stage	Assessment Strand					
	Leadership <i>(Lead and Officiate)</i> 	Coaching <i>(Analysis and Improvement)</i> 	Performance <i>(Technique and skill development)</i> 	Decision Making <i>(Tactics and Strategy)</i> 	Character <i>(Citizenship and sportsmanship)</i> 	Health and Fitness <i>(Leading a healthy active lifestyle)</i> 
Grass Roots (3)	<input type="checkbox"/> I have limited knowledge of rules <input type="checkbox"/> I can help set up activities <input type="checkbox"/> I can demonstrate basic communication skills	<input type="checkbox"/> I can set myself a basic target <input type="checkbox"/> I can make basic comments on other students performance <input type="checkbox"/> I can make basic suggestions on how to improve performance	<input type="checkbox"/> I am able to perform skills to a basic level <input type="checkbox"/> I demonstrate minimal control and quality <input type="checkbox"/> I have a basic understanding of sport specific skills	<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	<input type="checkbox"/> I am positive when helping others <input type="checkbox"/> I show signs of confidence and determination <input type="checkbox"/> I try some new challenges	<input type="checkbox"/> I can describe some ways in which exercise is good for you <input type="checkbox"/> I know why warming up is important <input type="checkbox"/> I can suggest how to structure a training session
Fundamental (4)	<input type="checkbox"/> I understand the principle of teaching points <input type="checkbox"/> I can assist in the running of a session <input type="checkbox"/> I can officiate small sided games	<input type="checkbox"/> I can make limited suggestions on how to improve my own and others performance <input type="checkbox"/> I set myself targets and understand when they are achieved <input type="checkbox"/> I have attempted to improve my performance with limited success	<input type="checkbox"/> I can perform some techniques specific to the activity <input type="checkbox"/> I occasionally show some quality and control <input type="checkbox"/> I am able to demonstrate skills in practise	<input type="checkbox"/> I have some input in planning tactics and strategies <input type="checkbox"/> I can make some decisions in a game situation <input type="checkbox"/> I can respond to simple situations	<input type="checkbox"/> I have developing confidence in unfamiliar situations <input type="checkbox"/> I attempt new skills to the best of my ability <input type="checkbox"/> I can cope with my emotions	<input type="checkbox"/> I know how to take pulse rate and its relevance to exercise <input type="checkbox"/> I can suggest basic ways in which exercise affects the body <input type="checkbox"/> I can perform an appropriate warm up activity
Developed (5)	<input type="checkbox"/> I can lead small groups for a short duration (w/up) <input type="checkbox"/> I have the confidence to make decisions and assert authority <input type="checkbox"/> I show good organisational and communication skills	<input type="checkbox"/> I can compare performances and give basic feedback <input type="checkbox"/> I understand the importance of targets and can set them accordingly <input type="checkbox"/> I understand how to improve performance and can suggest some ideas	<input type="checkbox"/> I can correctly 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	<input type="checkbox"/> I can sometimes adapt strategies according to the situation <input type="checkbox"/> I can make decisions in a small sided game <input type="checkbox"/> I can independently plan tactics and strategies	<input type="checkbox"/> I know when to seek advice from others <input type="checkbox"/> I can express my emotions in a controlled manner <input type="checkbox"/> I work well in a team and try hard to succeed	<input type="checkbox"/> I can explain the rationale for each part of a warm up <input type="checkbox"/> I can name major muscles in the body, including their orientation <input type="checkbox"/> I can describe why exercise is important in a healthy active lifestyle
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Advanced (7)	<input type="checkbox"/> I can confidently undertake 3 roles in a PE lesson <input type="checkbox"/> I can confidently plan and lead large groups of my peers <input type="checkbox"/> I demonstrate excellent communication techniques	<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	<input type="checkbox"/> I am able to adapt skills to best suit the situation <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.	<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	<input type="checkbox"/> I understand the notion of Sportsmanship 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	<input type="checkbox"/> I can conduct appropriate fitness tests and record results <input type="checkbox"/> I can describe how differing body systems are affected by exercise, giving specific examples <input type="checkbox"/> I can explain the benefits of regular exercise
Expert (8)	<input type="checkbox"/> I lead and officiate with knowledge, confidence, organisation and excellent communication <input type="checkbox"/> I can adapt my sessions to changing situations <input type="checkbox"/> I can critically review my performance	<input type="checkbox"/> I can critically evaluate my own and other performance <input type="checkbox"/> I can plan methods for improvement and monitor their effects of performance <input type="checkbox"/> I can set specific targets for myself and others, demonstrating the ability to critically review their success.	<input type="checkbox"/> I can perform advanced skills effectively <input type="checkbox"/> My performance shows control and quality regardless of circumstance <input type="checkbox"/> I can select, combine and adapt skills in a competitive activity, producing an excellent performance	<input type="checkbox"/> My decisions are autonomous and varied <input type="checkbox"/> My tactics control the opposition <input type="checkbox"/> I can apply knowledge of varying tactics to "like sports"	<input type="checkbox"/> I am a key player/ leader in all activities <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	<input type="checkbox"/> I can compare fitness test data with normative results and draw conclusions <input type="checkbox"/> I can plan and lead a fitness session with a specific focus <input type="checkbox"/> I can set fitness targets for others
Mastered (EP)	<input type="checkbox"/> I can effectively officiate in highly competitive circumstances <input type="checkbox"/> I can critically evaluate my leadership sessions <input type="checkbox"/> My sessions are planned as a result of the "progressive principle"	<input type="checkbox"/> I have advanced knowledge of skill development, and base methods of improvement on these <input type="checkbox"/> I set and critically review SMART targets to critically review my and others progress, <input type="checkbox"/> I can critically review performance commenting on cause and impact upon performance.	<input type="checkbox"/> I consistently show originality in my performance demonstrating clear confidence <input type="checkbox"/> I have excellent knowledge of advanced techniques <input type="checkbox"/> My performance demonstrates fluency and autonomous movement	<input type="checkbox"/> My tactics show originality and flare <input type="checkbox"/> I can confidently manage a team in a competitive situation <input type="checkbox"/> I show detailed critique in my AOP	<input type="checkbox"/> I have an excellent understanding of my own and others physical and mental capacity <input type="checkbox"/> I can confidently explain and demonstrate the notion of fair play and sportsmanship <input type="checkbox"/> I am a consistent role model to others	<input type="checkbox"/> I can link Components of Health and Fitness to sports confidently <input type="checkbox"/> I can set and review a PEP for myself and others articulately <input type="checkbox"/> I independently make well informed decisions about my own health and fitness