

Physical Education Head, Heart & Hands Assessment

Pupils will be assessed across the three strands of Physical Education in seven activities throughout the year. They will receive a grade for each of the seven activities, their end of year grade will be calculated and averaged out from their top four performing activities. Assessment is in line with Edexcel GCSE PE in relation to standard assessments. However, their overall HHH grade incorporates a holistic grade assessing them in the three strands of our curriculum. Students will also have the opportunity to develop their academic understanding of the anatomy and physiology of the human body across a number of academic checkpoints linked to their knowledge development in KS3.



HEAD

Knowledge and understanding
Confidence
Analysis
Feedback



HEART

Communication
Leadership
Effort
Attitude



HANDS

Physical development
Skill development
Fitness
Participation in competition



HEAD

Thinking (Cognitive)

- You know where you currently are
- You know how you can get there

- You know where you want to be. Target - short and long term
- You will know when you have achieved your target

W	1	2	3	4	5	6	7	8	9
NOVICE	BEGINNER		IMPROVER		COMPETENT		ADVANCED		EXPERT
<p>Understands the principles of SAQ and attempts to use them in practice.</p> <p>May know some simple tactics but needs support to explain them.</p> <p>Understands the aspects of performance they need to improve to enhance their performance.</p> <p>Can work with a partner to lead or organise equipment and participants. Lacks confidence in large groups.</p> <p>Understands why we warm-up and cool down.</p>	<p>Learn how to apply your fundamental movement skills in activities.</p> <p>Learn simple tactics that can be applied to games.</p> <p>Can make suggestions as to how to improve their own and others' performance.</p> <p>Basic level of performance in role as leader. Will help to organise equipment and participants. Can at times lack confidence in communicating task to groups.</p> <p>Knows the importance of a warm-up and cool down and can name six or more of the major muscle groups.</p>		<p>More aware of how to apply fundamental movement skills in activities.</p> <p>More aware of how simple tactics can be applied to games.</p> <p>Can compare performances. Recognise a good performance and use the information to make suggestions of how to improve their own and others' performance.</p> <p>Plans and delivers some accurate sessions. Shows confidence in some situations when leading small groups.</p> <p>Secure knowledge of muscle groups and is learning the different types of joints in the body.</p>		<p>Acquire new knowledge well and are developing an understanding of a range of PE and sport activities.</p> <p>Can suggest how tactics can be applied to games.</p> <p>Show good levels of originality, imagination and creativity.</p> <p>Make informed choices about engaging in physical activity with support.</p> <p>Use appropriate vocabulary to make well founded judgements on their own and others' work to improve performances.</p> <p>Plans and delivers good sessions. Shows confidence in most situations when leading small groups or half class.</p>		<p>Acquire new knowledge quickly and develop an understanding of a range of PE and sport activities.</p> <p>More aware of how complex tactics can be applied to games.</p> <p>Show very good levels of originality, imagination and creativity.</p> <p>Make informed choices about engaging in physical activity with limited support.</p> <p>Suggest possible methods to improve their own and others' performance.</p> <p>Leader plans and delivers very good session to a range of ages. Motivated leader, who is confident, organised and a good communicator.</p>		<p>Acquire new knowledge exceptionally well and have developed an in-depth understanding of a wide range of PE and sport activities.</p> <p>Can suggest how complex tactics can be applied to games.</p> <p>Show exceptional levels of originality, imagination and creativity.</p> <p>Critically evaluate and develop targets to have impact on their own and others' performance.</p> <p>Leader plans and delivers excellent session to a full range of ages. Inspirational leader, who is highly confident, organised and an excellent communicator. Can adapt and go off plan if needed.</p>



HEART

Social, Emotional, Effort & Attitude

- You know where you currently are
- You know where you want to be. Target - short and long term
- You know how you can get there
- You will know when you have achieved your target

W	1	2	3	4	5	6	7	8	9	
NOVICE	BEGINNER		IMPROVER		COMPETENT		ADVANCED		EXPERT	
<p>I engage in conditioned skill based practices. I'm working on my confidence in a game/performance situation.</p> <p>I need support to ensure I warm-up and cool down correctly.</p> <p>My effort and enthusiasm increases with teacher and peer encouragement.</p> <p>My goal is to attend an extra-curricular club on a regular basis.</p>	<p>Engage in co-operative and competitive activities with others.</p> <p>I can take responsibility for leading my own warm-up and cool-down.</p> <p>My effort and enthusiasm helps to motivate others to perform to the best of their ability.</p> <p>I participate in extra-curricular activities on a regular basis.</p>		<p>Work in co-operative and competitive activities with others.</p> <p>Communicate and collaborate with increasing confidence whilst taking part in activities.</p> <p>Develop confidence and interest in a range of physical activities.</p> <p>Are more aware about why it is important to exercise regularly and live a healthy lifestyle.</p> <p>Participates in extra-curricular activities on a regular basis</p>		<p>Work co-operatively and lead others, with support, by organising and officiating events and activities.</p> <p>Show respect and support for fellow participants.</p> <p>Have an interest and commitment to a range of competitive and cooperative extra-curricular activities.</p> <p>Aware of how to eat sensibly, and why it is important to avoid smoking, drugs and alcohol.</p> <p>I can explain why it is important to exercise regularly.</p>		<p>Lead others by organising and officiating events and activities.</p> <p>Motivate and instil sporting attitudes in others.</p> <p>Have an enthusiasm for and a commitment to a range of physical and extra-curricular activities.</p> <p>Explain how to eat sensibly, and why it is important to avoid smoking, drugs and alcohol.</p> <p>Understand why it is important to balance involvement in physical activity for the benefit of physical, social and mental health.</p>		<p>Confident to take the initiative and lead others by organising and officiating events and activities.</p> <p>Motivate and instil excellent sporting attitudes in others.</p> <p>Have a passion for and a commitment to a wide range of activities.</p> <p>Explain the reasons why it is important to eat sensibly, and avoid smoking, drugs and alcohol.</p> <p>Make informed choices about regular and safe exercise in which success is related to managing the demands of different activities and healthy lifestyles.</p>	



HANDS

- Doing (Physical/ Psychomotor)**
- You know where you currently are
 - You know where you want to be. Target - short and long term
 - You know how you can get there
 - You will know when you have achieved your target

W	1	2	3	4	5	6	7	8	9
NOVICE	BEGINNER		IMPROVER		COMPETENT		ADVANCED		EXPERT
<p>Demonstrates an inconsistent level of technical accuracy, with little or no precision, control and fluency.</p> <p>Developing my fundamental movement skills through SAQ to become more confident and competent.</p>	<p>Demonstrates a basic level of technical accuracy, with a little precision, control and fluency.</p> <p>Develop fundamental movement skills and becoming increasingly competent and confident performer.</p> <p>Demonstrates basic skills and techniques in a variety of physical activities.</p>		<p>Demonstrates an improving level of technical accuracy, with some precision, control and fluency.</p> <p>Apply your fundamental movement skills in activities.</p> <p>Apply simple tactics to games.</p> <p>Apply basic principles to activities.</p> <p>Work by yourself and with others with support to improve performance.</p> <p>Exercise more regularly and live a healthier lifestyle.</p>		<p>Demonstrates a competent level of technical accuracy, with good precision, control and fluency.</p> <p>Acquire skills competently.</p> <p>Practise skills in a range of activities and apply them in selected activities to achieve good levels of performance.</p> <p>Are physically fit and can remain active for sustained periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, with guidance or support.</p> <p>Participates well in PE lessons and engages in a range of extra-curricular activities.</p>		<p>Demonstrates an advanced level of technical accuracy, with precision, control and fluency.</p> <p>Acquire skills very well.</p> <p>Practise skills in a wide range of activities and apply them in selected activities to achieve very good levels of performance.</p> <p>Are physically fit and can remain active for significant periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, with limited guidance or support.</p> <p>Participate in all PE lessons and engage in a range of extra-curricular activities.</p>		<p>Demonstrates an exceptional level of technical accuracy, with precision, control and fluency.</p> <p>Acquire skills exceptionally well.</p> <p>Practise skills in a wide range of activities and apply them in activities to achieve exceptionally high levels of performance.</p> <p>Are physically fit and can remain active for sustained periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, without the need of guidance or support.</p> <p>Eagerly participate in all PE lessons and engage fully in extra-curricular activities</p>

GRADE	HEAD	HEART	HANDS	
	Decision making/ knowledge/ analytical/ confidence	Social/ emotional/ effort/ attitude	Physical development/ skill/ fitness/ competition	
EXPERT	9	I have a thorough knowledge and understanding of the rules, laws, regulations tactics and strategies. I can apply tactics and strategies and have the ability to adapt according to the situation. I am confident and successful when taking on a variety of roles.	As an inspirational school sports leader, I demonstrate exceptional communication and motivation skills. I consistently demonstrate a positive and respectful attitude towards my peers. I take great pride in representing the school on a regular basis.	I demonstrate excellent advanced skills and techniques for all activities when in practice and competitive situations. I represent Highfields or higher in more than one activity.
	8	I have an excellent knowledge and understanding of the rules, laws and regulations. I demonstrate an excellent knowledge and application of tactics and strategies. I am confident and successful when officiating.		I demonstrate excellent advanced skills and techniques for some activities when in practice and competitive situations. I represent Highfields or higher in one activity and have excellent levels of fitness.
ADVANCED	7	When officiating, I display excellent communication, positioning and signalling. I have the confidence to assert authority by making instant and accurate decisions in any given situation. My decisions are well informed by good knowledge and understanding of the rules, laws and regulations.	I consistently demonstrate a positive and respectful attitude towards all my peers. I always give my best effort to each activity and inspire others to do the same. I work hard on developing my skills in extra-curricular activities.	I demonstrate some advanced skills and techniques for all activities in practice situations and some competitive situations. I have a very good level of fitness, and represent a Highfields school team.
	6	I show confidence and outstanding decision making skills that allow me to influence the game to my advantage. My decisions are well informed by good knowledge of tactics, strategies and formations.		I demonstrate some advanced skills and techniques for some activities in practice and some competitive situations. I regularly participate in physical activity outside of PE and have good levels of fitness.
COMPETENT	5	I can analyse and evaluate performance with close detail to technique and tactics. I am capable of implementing tactics and strategies including formations and game plans.	I recognise different abilities and I am empathetic of others. I often take it upon myself to coach/improve less able students. I always give my best efforts in both lessons and extra-curricular activities.	I demonstrate good skills and techniques in pressured and competitive situations with consistent success. I can apply skills into extra-curricular activities. I have an average level of fitness.
	4	I often have an influence on the game through my tactical and strategic knowledge. I can direct players and teammates to follow specific instructions. This will include set plays and formations		I demonstrate competent skills and techniques in pressured and competitive situations, with some success. I have an average level of fitness.
IMPROVER	3	I can analyse team's and individual performances and coach a team to improve their weaknesses. I can officiate games with success; showing independence, confidence and a good understanding of the rules and regulations of the sport. I have basic understanding of the different methods of training.	I often take on added responsibility within PE and extra-curricular activities. I demonstrate a positive and respectful attitude towards my peers.	I often attempt to replicate advanced skills and techniques into pressured and competitive situations with variable success.

BEGINNER	2	I am able to plan effective strategies that take advantage of my team's strengths, and/or exploit my opposition's weaknesses. I can take charge of a small sided game and enforce the main rules throughout. I have some confidence and can show some independence.		I can demonstrate basic skills and techniques in practice situations with consistent success.
	1	I can accurately pinpoint a performer's strengths and areas for development giving detailed feedback. I understand and have knowledge of the components of fitness.		I demonstrate basic skills and techniques within practice situations with variable success.
NOVICE	W	I can suggest some areas to improve performance with support from my peers or teacher. I have an understanding of why we warm up and cool down.	I enjoy my PE lessons and work hard to achieve my goals. I would like to attend an extra-curricular club on a regular basis.	I'm working towards a basic level of technical accuracy, with a little precision, control and fluency within practice situations.