

Assessment grid			
Subject: PE		Year: 8	Topic/module: Athletics Fitness
KS4 target direction	4	6	8(9)
Advanced	Enrichment/extension – reaching, or part of, next pathway → Features of work may include:	Enrichment/extension – reaching, or part of, next pathway → Features of work may include:	Enrichment/extension Features of work may include:
Secure <i>Students must achieve competence in all statements before being judged 'Secure'</i>	Secure The student can: <ul style="list-style-type: none"> Highlight the main reasons for warming up and how to prepare for exercise correctly. Can perform to a reasonably standard when taking part in a range of fitness training and testing lessons. Describe and perform within a range of different training methods used within sport. Identify the different components of fitness and how they benefit us in our daily lives. Can identify the short term effects of exercise on our body. Understand the importance of fitness testing and can match each component with the appropriate test. 	Secure The student can: <ul style="list-style-type: none"> Students can lead a small group of individuals through a fitness specific warm up and describe the physiological effects on our body. Can perform to a good standard when taking part in a range of training methods and fitness testing i.e. technique,time etc. Participate in and explain the differences in a range of training methods. Describe each component of fitness and give examples in sport where this component is particularly important. Describe and perform within a range of fitness tests, demonstrating a sound performance. Describe the short term effects of exercise on our body. 	Secure The student can: <ul style="list-style-type: none"> Design and lead a fitness specific warm up and link these physiological effects to future performances. Participate in all training programmes showing consistently high levels of achievement (technique etc) Explain the short term effects of exercise on our body by giving reasons for why these changes occur. Explain the use of different training methods and to link these to different sports. Also to start describing the advantages and disadvantages of each method. Explain and demonstrate how to accurately set up each Highlight the benefits of long term exercise on our body systems and describe how these would benefit the sports performer.
Developing	Mostly secure – one or more gaps For example:	Mostly secure – one or more gaps For example:	Mostly secure – one or more gaps For example:



Beginning

Significant gaps

Significant gaps

Significant gaps

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