

## CORE

P.E Assessment Ladder	Y7 All Sports
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NAME	NAME: SPORT:				
Band	Range of skills	Quality of skills	Physical Attributes	Decision Making (Knowledge & Understanding)	Level
	Demonstrates <b>all</b>	Core skills are performed	Demonstrates	Successfully selects and uses appropriate skills on nearly all occasions.	
	core skills and nearly	consistently with an	appropriate levels	Applies appropriate team strategies/tactics/compositional ideas demonstrating an	
	all advanced skills	excellent standard of	of physical fitness	excellent understanding of the activity.	
Y+	for the activity in	accuracy, control, and	and psychological	Demonstrates excellent awareness of the rules/regulations of the activity during	18-
(8-9)	isolation and under	fluency. The advanced	control to <b>perform</b>	performance.	20
	competitive pressure	skills demonstrated are	very effectively.	Demonstrates <b>excellent regard</b> for the safety of themselves and others.	
	in authentic	performed consistently		Demonstrates excellent awareness and response to the strengths, weaknesses,	
	performance	with an <b>excellent</b>		and actions of other player(s)/performer(s) (team activities only).	
	situations.	standard of accuracy,		Communication with other player(s)/performer(s) is excellent (team activities	
		control and fluency.		only).	
	Demonstrates <b>all</b>	Core skills are performed	Demonstrates	Successfully selects and uses appropriate skills on many occasions.	
	core skills and many	consistently with a very	appropriate levels	Applies appropriate team strategies/tactics/compositional ideas demonstrating a	
	advanced skills for	<b>good</b> standard of	of physical fitness	very good understanding of the activity.	
Y	the activity in	accuracy, control, and	and psychological	Demonstrates very good awareness of the rules/regulations of the activity during	13-
(6-7)	isolation and under	fluency. The <b>advanced</b>	control to <b>perform</b>	performance.	17
	competitive pressure	<b>skills</b> demonstrated are	very effectively.	Demonstrates <b>very good regard</b> for the safety of themselves and others.	
	in authentic	performed consistently		Demonstrates <b>very good awareness</b> and response to the strengths, weaknesses,	
	performance	with a <b>very good</b>		and actions of other player(s)/performer(s) (team activities only).	
	situations.	standard of accuracy,		Communication with other player(s)/performer(s) is <b>very good</b> (team activities	
		control, and fluency.		only).	
	Demonstrates <b>most</b>	Core skills are performed	Demonstrates	Successfully selects and uses appropriate skills on some occasions.	
	core skills and some	consistently with a good	appropriate levels	Applies appropriate team strategies/tactics/compositional ideas demonstrating a	
	advanced skills for	standard of accuracy,	of physical fitness	good understanding of the activity.	
В	the activity in	control, and fluency. The	and psychological	Demonstrates <b>good awareness</b> of the rules/regulations of the activity during	8-12
(4-5)	isolation and under	advanced skills	control to <b>perform</b>	performance.	
	competitive pressure	demonstrated are	effectively.	Demonstrates <b>good regard</b> for the safety of themselves and others.	
	in authentic	performed with <b>some</b>		Demonstrates <b>good awareness</b> and response to the strengths, weaknesses, and	
	performance	consistency and a good		actions of other player(s)/performer(s) (team activities only).	
	situations.	standard of accuracy,		Communication with other player(s)/performer(s) is <b>good</b> (team activities only).	
		control and fluency.			

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	Demonstrates many	Core skills are performed	Demonstrates	Successfully selects and uses appropriate skills on some occasions.	
	core skills and few	with limited consistency	sufficient physical	Applies appropriate team strategies/tactics/compositional ideas demonstrating	
	advanced skills for	and some accuracy,	fitness and	some understanding of the activity.	
G	the activity in	control, and fluency. The	psychological	Demonstrates limited awareness of the rules/regulations of the activity during	4-7
(2-3)	isolation and under	advanced skills	control to perform	performance.	
	competitive pressure	demonstrated are	with <b>some</b>	Demonstrates <b>limited regard</b> for the safety of themselves and others.	
	in authentic	performed with limited	effectiveness.	Demonstrates <b>limited awareness</b> and response to the strengths, weaknesses, and	
	performance	consistency and often		actions of other player(s)/performer(s) (team activities only).	
	situations.	lack accuracy, control,		Communication with other player(s)/performer(s) is <b>limited</b> (team activities only).	
		and fluency.			
	Demonstrates some	Core skills are performed	Demonstrates	Successfully selects and uses appropriate skills on <b>few occasions</b> .	
	core skills for the	inconsistently and with	limited physical	Rarely applies team strategies/tactics/compositional ideas demonstrating some	
	activity in isolation	limited accuracy, control,	fitness and	understanding of the activity.	
W	and under	and fluency. Any	psychological	Demonstrates little awareness of the rules/regulations of the activity during	1-3
(1)	competitive pressure	advanced skills	control during	performance.	
	in authentic	attempted are	performance.	Demonstrates little regard for the safety of themselves and others.	
	performance	performed with little		Demonstrates little awareness and response to the strengths, weaknesses, and	
	situations. Few if	success.		actions of other player(s)/performer(s) (team activities only).	
	any of the advanced			Rarely communicates with other player(s)/performer(s) (team activities only).	
	skills for the activity				
	are attempted.				
	No evidence worthy	No evidence worthy of	No evidence	No evidence worthy of credit	0
	of credit	credit	worthy of credit		

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