



CORE P.E Assessment Ladder

Y7 All Sports

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



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