

**Subject**  
**PHYSICAL EDUCATION**

**Year 9 Autumn Term**

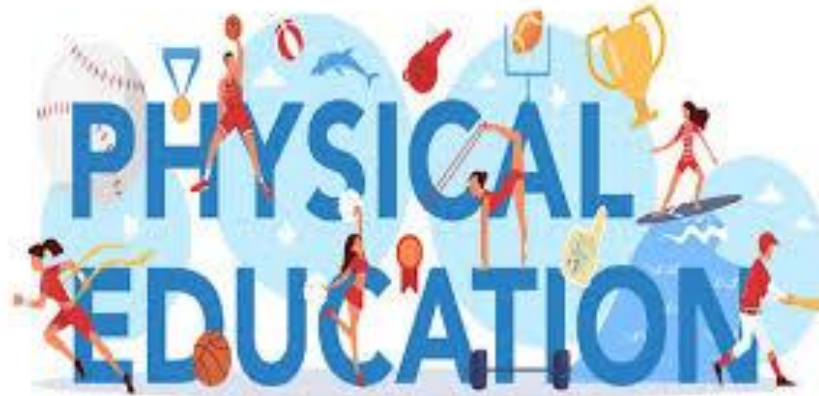
**Time of Assessment**  
**1 - October Half Term**  
**2 – End of Autumn Term**

**Knowledge to be Assessed:**

**Students will be assessed in a range of different activities. In the Autumn Term, students will have completed 2 blocks of the following sports:-**

- **Fitness**
- **Handball**
- **Weight Training**
- **Girls Football / Boys Hockey**

**All PE assessments are combined with Games assessments to generate an average overall grade.**



**Skills to be assessed:**

- **Ability to demonstrate a range of basic and more advanced skills and techniques**
- **Understanding of rules and tactics**
- **Understand importance of active healthy lifestyles**
- **Importance of warming up & cooling down**

**Resources to help Revision:**

[Handball: learn the basics \(youtube.com\)](https://www.youtube.com/watch?v=...)

Hockey skills videos -  
<https://www.youtube.com/@HertzbergerTV>

[Football basic skills](https://www.youtube.com/watch?v=...)

[Fitness – circuit activity examples](https://www.youtube.com/watch?v=...)

[Weight training for beginners](https://www.youtube.com/watch?v=...)

**Grade Descriptors: How the assessment is graded?**

<b>Emerging</b>	<b>Developing</b>	<b>Secure</b>	<b>Mastering</b>	<b>Extending</b>
Shows limited knowledge and understanding in the activity.	Has some knowledge of the skills and techniques for the activity	Has some success and can perform skills with some consistency.	Has good knowledge and understanding and the ability to perform consistently.	Has excellent knowledge and understanding and excels at the activity.