

**Subject: PHYSICAL EDUCATION**

**Year 7 GIRLS**

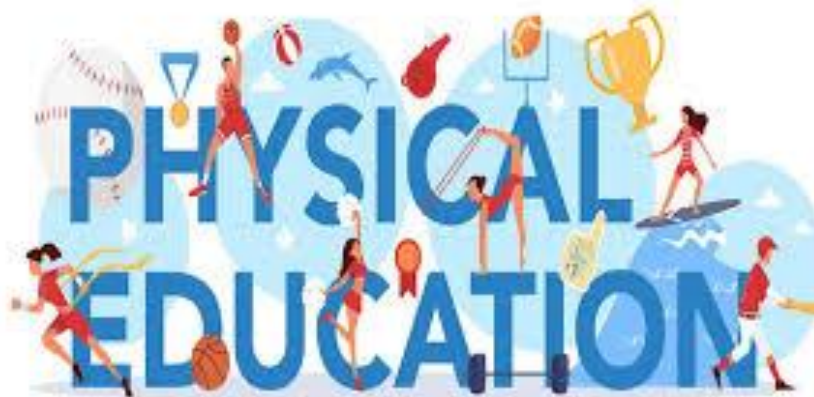
**Time of Assessments:  
Half termly**

**Knowledge to be Assessed:**

Students will be assessed in a range of different activities in both PE and Games lessons.

- **Fundamental Movement Skills**
- **Handball**
- **Gymnastics**
- **Swimming**
- **Athletics**
- **Hockey**
- **Netball**
- **Cricket**
- **Cross Country**

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 skills and techniques**
- **Understanding of rules and tactics**
- **Basic anatomy & physiology**
- **Importance of warming up**

**Resources to help Revision:**

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

Fundamental movement skills

Gymnastics – basic skills

[Swimming – skills increasing in difficulty](#)

**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.

