

LEVEL OF LEARNING THRESHOLD GRID Year 9



BOURNEMOUTH SCHOOL
FOR GIRLS

DEPARTMENT/SUBJECT: Physical Education

Assessment area	Developing	Secure	Excellent
<p>Cognitive skills;</p> <p>Problem solving, ideas generating, analytical making capacity, decision making capabilities</p>	<ul style="list-style-type: none"> • Can set own criteria to judge performance using specific vocabulary • Often have an idea of how to develop own & others work • Frequently recognise & suggest patterns of play which will increase chances of success • Usually adapt & adjust skills, movements or tactics so they are different from others 	<ul style="list-style-type: none"> • Can read and react to different game situations as they develop • Can review, analyse and evaluate my own strengths and weaknesses • Can adapt & adjust skills, movements or tactics so they are effective 	<ul style="list-style-type: none"> • Can critically analyse & evaluate quality of performance • Can see patterns of play develop and select a range of tactics & skills to outwit opponents • Can show high levels of awareness and anticipation in changing situations
<p>Physical competence:</p> <p>Physical literacy, sports specific competence, trainability, physical performance</p>	<ul style="list-style-type: none"> • Can perform a variety of skills fluently and accurately in practice situations • Use a combination of skills confidently 	<ul style="list-style-type: none"> • Can begin to perform a variety of skills more effectively in challenging situations • Can effectively transfer skills and movements across a range of activities 	<ul style="list-style-type: none"> • Can perform a wide range of advanced skills with consistency & accuracy • Can perform advanced skills consistently under pressure • Demonstrates a very good level of skills, techniques and decision making, during a conditioned/formal/competitive situation

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<p>Personal and Social Skills: Self-awareness and responsibility, Determination and resilience, communication, empathy and social awareness, leadership and influence, collaboration, aspiration, integrity and self-respect</p>	<ul style="list-style-type: none"> • Be self-motivated, committed to practice & show a clear desire to improve • See new activities as a challenge & not a threat • Make changes once own or others performance has been evaluated 	<ul style="list-style-type: none"> • Can accept critical feedback and act on it • Take responsibility for own learning and can create own learning • Can negotiate and collaborate with others 	<ul style="list-style-type: none"> • Can work effectively with others in competition & contribute effectively to team / group decisions • Demonstrate resourcefulness and seek opportunities to work on weaknesses • Can maintain high performance in high pressure situations
<p>Creative Skills: Recognise and respond to different stimuli, refine and change ideas, adapt and improvise</p>	<ul style="list-style-type: none"> • Can respond imaginatively to different situations • Can create sequences that communicate with the audience • Can adapt or adjust skills, movements or tactics so they are different from others 	<ul style="list-style-type: none"> • Can use a variety of personal expression to engage the audience • Can respond imaginatively to different situations • Sometimes can improvise in order to achieve required outcome 	<ul style="list-style-type: none"> • Can demonstrate flair and imagination • Can adapt and improvise effectively when the situation suddenly changes • Can use music, themes, props which are intricate and add different aspects of special awareness, dynamics and musicality
<p>Health Related Fitness; Understanding my body during exercise, activity specific fitness, planning fitness programmes</p>	<ul style="list-style-type: none"> • Know how often & for how long you should exercise to be healthy • Know how to record & monitor how hard you are working including taking own pulse • Describe different fitness tests 	<ul style="list-style-type: none"> • Explain how individuals need different types & levels of fitness to be effective • Describe basic fitness components • Can plan an effective warm up for others 	<ul style="list-style-type: none"> • Can evaluate adapt and develop own training programme • Can safely plan & perform an exercise programme for a specific activity • Can train to improve specific type of fitness