

Overview

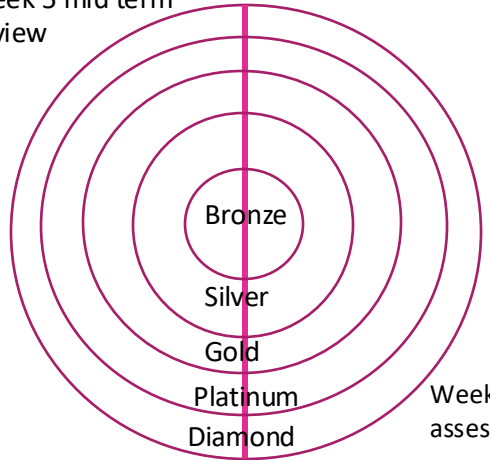
**PE Assessment**

In PE we assess using Head, Heart, Hands. Across the year you will self assess along with being given a summative level. At the end of term we will spend time to reflect each area and then using the assessment wheel (below) you will shade in your current level for each of the 3 stands in PE.

Once you have completed this, please reflect on the following three questions:

1. What level am I currently at?
2. Where do I want to be?
3. How do I get there?

Week 5 mid term review



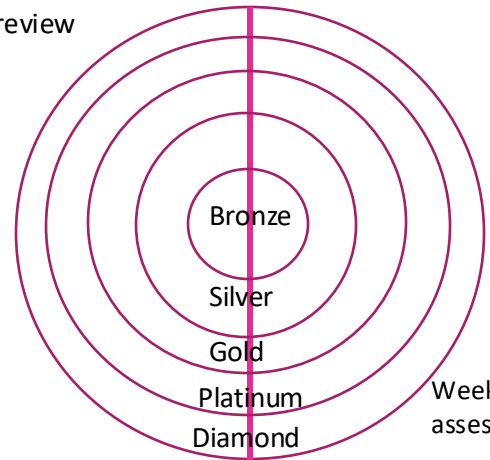
Week 10 Self assessment

**Head**



1. Leadership
2. Knowledge
3. Analysis
4. Decision Making
5. Tactical

Week 5 mid term review



Week 10 Self assessment

**Heart**



1. Effort
2. Resilience
3. Respect
4. Motivation
5. Commitment

Week 5 mid term review



Week 10 Self assessment

**Hands**



1. Skill Development
2. Skill Application
3. Fitness Levels
4. Technique
5. Competitive