

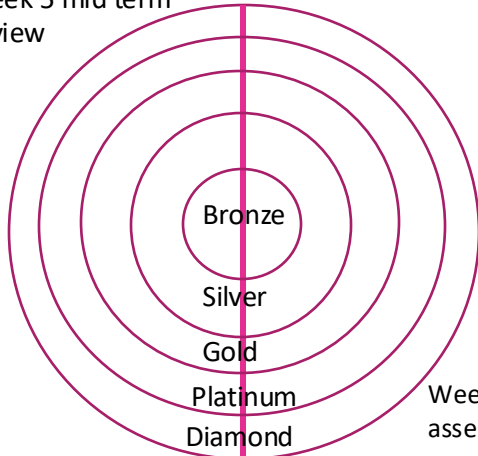
PE Assessment

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



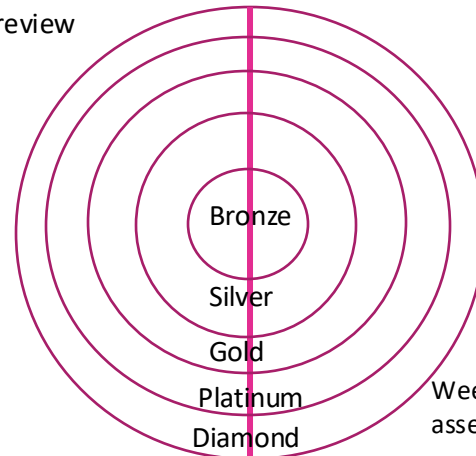
Week 10 Self assessment

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

WEEK 1 – Verbal Communication	WEEK 2 – Non-Verbal Communication	WEEK 3 – Active Listening	WEEK 4 - Conflict Resolution	WEEK 5 – Providing and Receiving Feedback
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Verbal Communication:
 Verbal communication is the use of sounds and words to express yourself. In PE we might use verbal communication to request a pass, share ideas, provide feedback or praise the efforts of others.

Questions:

- Think to a recent PE lesson. How did you verbally communicate to your partner/team mates?
- What does effective verbal communication look like in PE?
- How can verbal communication support your progress in PE?

Please answer all questions in your KO books.

Non-Verbal Communication:
 Non-verbal communication refers to the ways in which someone shares information about their emotions, intentions, attitudes, and thoughts without the use of verbal language. We may use non-verbal communication in PE through our body language, indicating where you would like a pass, facial expressions and eye contact.

Questions:

- How have you used non-verbal communication in a PE lesson? Were there any challenges?
- How can non-verbal communication be used effectively in PE and sport?

Active Listening:
 Active listening is a pattern of listening that keeps you engaged with your conversation partner in a positive way. In PE we can demonstrate active listening by giving the person talking eye contact, facing them quietly and asking questions to clarify instructions.

Questions:

- What does active listening look like in PE?
- How might you use this concept of active listening to support you in another subject?

Conflict Resolution:
 We might not always agree with the opinions or ideas of others. Conflict resolution is a way for two or more people to find a peaceful solution to a disagreement among them. Communication, actively listening, reviewing options and then finding a mutual solution can support you in PE to resolve conflict.

Questions:

- What is conflict resolution?
- What does it look like in PE?
- How will you look to resolve conflict in the future?

Providing & Receiving Feedback:
 A vital part of effective communication in PE is our ability to provide constructive feedback and listen and act on the feedback given by others. Feedback should be both positive and developmental with the main aim to improve performance.

Questions:

- What feedback have you given in a recent PE lesson? How did it improve performance?
- What feedback have you received? How did you use it?
- How should you give/receive feedback?