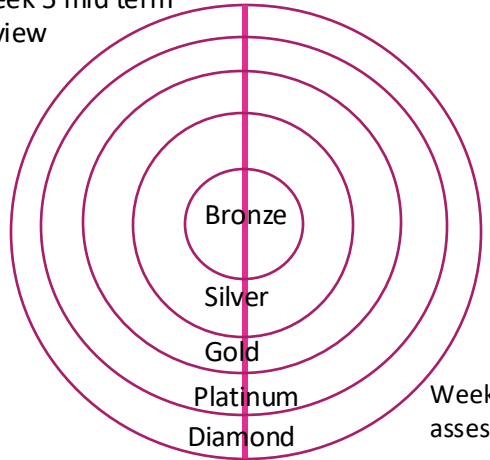


PE Assessment

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 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



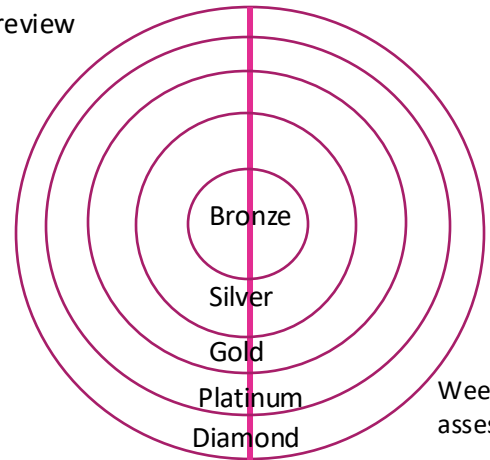
Week 10 Self assessment

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 – Competence	WEEK 2 – Skills and Techniques	WEEK 3 – Practice	WEEK 4 - Providing Feedback	WEEK 5 - Performance
<p>Competence: The ability to demonstrate a variety of movements, skills or techniques accurately and effectively.</p> <p>Questions:</p> <ul style="list-style-type: none"> • How can PE develop your competence in a range of activities? • Why is developing competence important in PE? • How might you continue to develop competence outside of PE? <p>Please answer all questions in your KO books.</p>	<p>Skills & Techniques: Technique in PE is your ability to perform a particular action. Skill in PE is your ability to perform an action in a game/performance setting</p> <p>Questions:</p> <ul style="list-style-type: none"> • How can breaking a skill down into different techniques improve competence? • How can you use PE to improve these skills? 	<p>Practice: Repetition of an action designed to help an individual to learn a new skill, improve in an already acquired skill, or maintain a skill.</p> <p>Questions:</p> <ul style="list-style-type: none"> • Why is practice importance in learning any new skill? • How will you continue to practice outside of PE? <p>Bonus question: We hear ‘practice makes perfect’, however we could argue that ‘practice makes permanent’. What does that mean?</p>	<p>Providing Feedback: In PE we will watch a performance or action and suggest aspects that the performer did well and what they might do to improve.</p> <p>Questions:</p> <ul style="list-style-type: none"> • How have you provided feedback in your PE lessons this term? <p>Act on Feedback: In PE, we should listen to the feedback given by others, accept that feedback and then make the suggested improvements to our performance.</p> <p>Questions:</p> <ul style="list-style-type: none"> • How did you use that feedback to improve performance? • How do you receive feedback elsewhere in school? How can you use this effectively? 	<p>Performance: Performance in PE relates to how well we play, contribute, engage, behave or execute actions in routines/tasks/games.</p> <p>Questions:</p> <ul style="list-style-type: none"> • What does performance mean to you? (Winning, playing well, routines, etc.) • How do you measure your performance in PE? • How do you measure your performance in your other subjects?