

# PHYSICAL EDUCATION BROCKINGTON COLLEGE

## ABILITY BAND AND ASSESSMENT POINT DESCRIPTORS

### Physical Education Year 7 AP1

Ability Band 3	Ability Band 2	Ability Band 1
<ul style="list-style-type: none"> <li>• Can warm up independently and explain why they are doing it.</li> <li>• Can demonstrate consistency in execution when performing a wide range of games skills in isolation.</li> <li>• Recognises the importance of using space, shows confidence in small games situations by using space effectively.</li> <li>• Can demonstrate tactical awareness in games both in attack and defence.</li> <li>• Has a good knowledge of the basic rules and can usually apply them correctly in the game situation.</li> <li>• Can demonstrate a good understanding of compositional principles in dance and gymnastics.</li> <li>• Can plan and perform a range of dance and gymnastics skills showing high levels of control, composure and consistency.</li> <li>• Can describe what others are doing well and are capable of offering simple feedback in order to improve the quality of their work.</li> </ul>	<ul style="list-style-type: none"> <li>• Can plan a basic warm up with a partner</li> <li>• Can demonstrate simple games skills in isolation showing more consistency in their execution.</li> <li>• Understands that finding space can be beneficial in games. Is beginning to use space more effectively in small game situations.</li> <li>• Can use a range of skills with some success when there is sufficient time and space. Is less effective when more difficult conditions are imposed.</li> <li>• Can demonstrate basic tactical awareness in games</li> <li>• Can describe some basic rules and can usually apply them correctly in the game situation.</li> <li>• Can use their knowledge of compositional principles when planning sequences in gymnastics and routines in dance.</li> <li>• Can plan and perform a small range of dance and gymnastics skills showing greater consistency in terms of extension, tension, control and fluency.</li> <li>• Can describe what they are doing well, but does not know how to improve their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Can follow a teacher led warm up.</li> <li>• Can demonstrate simple skills in isolation.</li> <li>• Understands that finding space can be beneficial in games although has difficulty in applying this in small game situations.</li> <li>• Is content to play a supportive role in games and prefers to stay in one position.</li> <li>• Can demonstrate very basic tactical awareness in games.</li> <li>• Can describe some very basic rules. Has difficulty in applying them in game situations.</li> <li>• Can demonstrate a basic understanding of compositional principles when planning sequences and routines in gymnastics and dance.</li> <li>• Can describe some of the key terms in dance and gym e.g. tension, control and extension.</li> <li>• Can describe what they are doing, but does not know if this is correct or how to improve their performance.</li> </ul>

## Physical Education Year 7 AP2

Ability Band 3	Ability Band 2	Ability Band 1
<ul style="list-style-type: none"> <li>• Can demonstrate consistency in execution when performing a wide range of game skills in isolation.</li> <li>• Can demonstrate greater tactical awareness in a wider range of games in attack and defence.</li> <li>• Has a good knowledge of the basic rules and can usually apply them correctly in a wider range of individual and team games.</li> <li>• Can describe the key points and demonstrate good techniques in the different athletic events</li> <li>• Can perform to a high level in selected events.</li> <li>• Has a sound understanding of the rules for the different athletic events and is confident to help others in the group improve their techniques.</li> <li>• Can demonstrate speed and power and good mental determination when faced with challenging tasks, such as sustained running.</li> <li>• Shows good hand eye coordination and techniques when hitting, catching and stopping a moving ball in striking and fielding games.</li> <li>• Can lead warm ups for a small group and can describe how regular exercise is good for health.</li> </ul>	<ul style="list-style-type: none"> <li>• Can demonstrate simple game skills in isolation showing more consistency in their execution, in a wider range of individual and team games.</li> <li>• Can use a range of skills with some success when there is sufficient time and space. Is less effective when more difficult conditions are imposed.</li> <li>• Can demonstrate basic tactical awareness in games.</li> <li>• Can describe some basic rules and can usually apply them correctly in a wider range of individual and team games.</li> <li>• Can demonstrate basic techniques in the different athletic events e.g. take-off and landing in the long jump or the correct grip when holding the discus/shot putt.</li> <li>• Can explain some of the simple rules for the different athletics events.</li> <li>• Can demonstrate mental determination when faced with challenging tasks such as sustained running.</li> <li>• Shows reasonable hand eye coordination and techniques when hitting, catching and stopping a moving ball in striking and fielding games.</li> <li>• Can explain why warm ups are important and has a good understanding of the short term effects of exercise on the body.</li> </ul>	<ul style="list-style-type: none"> <li>• Can demonstrate simple skills in isolation in a wider range of individual and team games.</li> <li>• Is content to play a supportive role in games and prefers to stay in one position.</li> <li>• Can demonstrate very basic tactical awareness in a wider variety of individual and team games.</li> <li>• Can describe some very basic rules. Has difficulty in applying them in a wider variety of game situations.</li> <li>• Can demonstrate very basic techniques that need refinement in the athletic events (running, jumping and throwing).</li> <li>• Understands the safety rules and can explain some of the simple rules for the different athletics events.</li> <li>• Can demonstrate reasonable mental determination when faced with challenging tasks such as sustained running.</li> <li>• Can hit a ball with a bat when the ball is stationary or travelling at a slow speed and can catch and stop a ball when it is thrown softly from a short distance.</li> <li>• Can describe the parts to a warm up and will be able to identify some of the effects of exercise on the body.</li> </ul>