

PHYSICAL EDUCATION BROCKINGTON COLLEGE

ABILITY BAND AND ASSESSMENT POINT DESCRIPTORS

Physical Education Year 8 AP1

Ability Band 3	Ability Band 2	Ability Band 1
<ul style="list-style-type: none"> • Can confidently perform and repeat a good range of skills and are becoming more effective at implementing them in the game • Some advanced skills are being developed. • Has a good knowledge of tactics and understanding of the rules and can apply them effectively in a range of different game activities. • Can take the lead to organise their team formation and make appropriate tactical decisions during the game leading to successful outcomes. • Can select and combine a wide range of basic skills in gymnastics and dance. Some advanced skills are being developed. The quality of movement and performance is of a high standard. • Can confidently compare and contrast dance styles from different cultures. • Can competently identify strengths and weaknesses in their own and others work. Has the ability to plan ways to improve their own or teams performance. 	<ul style="list-style-type: none"> • Can perform a range of skills in a variety of different games and starting to combine skills showing greater accuracy and control. • Can apply tactics more effectively to outwit and beat the opposition. Starting to make better decisions in the game. • Has a good knowledge of the basic rules and can usually apply them correctly in a wider range of individual and team games. • Can select and combine a range of basic skills in gymnastics and dance. Performance is becoming more consistent in terms of extension, fluency, control and rhythm. • Can compare and contrast their performance with that of others and can describe their what their strengths are and areas for improvement. • Can describe what they and others are doing and capable of offering simple feedback in order to improve the quality of the work. 	<ul style="list-style-type: none"> • Can demonstrate simple game skills in isolation showing improving consistency in their execution in a wider range of individual and team games. • 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. • Can describe some basic rules and shows some tactical awareness in a wider range of individual and team games. • Can plan and perform a small range of dance and gymnastics skills showing greater consistency in terms of extension, tension, control and fluency. • Shows a basic understanding of compositional principles when planning a routine in dance and gymnastics. • Can describe what they are doing, but don't know how to improve.

Physical Education Year 8 AP2

Ability Band 3	Ability Band 2	Ability Band 1
<ul style="list-style-type: none"> • Can competently perform and repeat a very good range of skills and can perform more advanced skills in a wider range of game situations. • Has a good knowledge of tactics and understanding of the rules and can show confidence refereeing small-sided games. • Can take the lead and organise their team formation and make appropriate tactical decisions, in a wider variety of team games. • Can demonstrate power, speed and/or endurance when performing a variety of athletics events. • Has a good understanding of the rules for the different athletic events and is confident to help others in the group improve their techniques. • Shows consistent hand eye coordination and good techniques and tactical awareness when hitting, catching and stopping a moving ball in striking and fielding games. • Can competently identify strengths and weaknesses in their own and others' work. Has the ability to plan ways to improve their own or teams performance. 	<ul style="list-style-type: none"> • Can perform and repeat a good range of skills and are becoming more effective at implementing them in the game. • Has a good knowledge of the basic rules and can usually apply them correctly in a wider range of individual and team games. • Can describe key points in terms of sprint technique and has used their understanding to improve their own technique. • Has learnt the basic fundamentals when performing standing throws in throwing events (javelin, discus and shot putt) and jumping events (run-up, take-off, flight and landing). • Can demonstrate mental determination when pacing themselves in sustained running activities. • Shows greater consistency in terms of hand eye coordination, technique and tactical play when hitting, catching and stopping a moving ball in striking and fielding games. • Can describe what they and others are doing and capable of offering simple feedback in order to improve the quality of the work. 	<ul style="list-style-type: none"> • Can perform a range of skills in a variety of different games and starting to link some of the skills showing greater accuracy and control. • Starting to become more tactically aware in games situations. Decision making has improved. • Has a reasonable knowledge of the basic rules and can usually apply them correctly in a wider range of individual and team games. • Can demonstrate basic techniques that need refinement in the athletics events (running, jumping and throwing). • Can demonstrate an understanding of pace judgement when taking part in sustained running activities. • Shows reasonable hand eye coordination and techniques when hitting, catching and stopping a moving ball in striking and fielding games though tactical understanding is being developed. • Can describe what they are doing, but don't know how to improve.