



Age Related Milestones: Physical Education

Queen's Park High School physical education department shares the purpose of the National curriculum in England which states:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

In Key stages 3, we deliberately place an emphasis on the importance of practical aspects of physical education, so that students can develop the skills and attributes underlined above by the national curriculum. That said, we also recognise the need to prepare students for the knowledge they will require at key stage 4. Therefore, the assessment objectives (AO) for KS3 (below) make a direct link to the demands of the GCSE.

In KS3 PE, the majority of our assessments link to the practical criteria (AO4), as we feel this is the best way to meet the demands of the national curriculum and also inspire students. This will be assessed via learning cycles after each activity that the students covered.

It is important to note that many of the assessment criteria have theoretical connotations (particularly linked to AO1, AO2 and AO3). The knowledge and skills for these will be addressed as part of the practical classes and knowledge will be further developed through set homework. Some of the assessment will also take place during practical lessons via verbal conversations and practical demonstrations of understanding. In addition, these may be assessed by written activities. Whilst we hold the importance of developing these theoretical skills in high regard, the assessment for these learning objectives will be less frequent. This will take the form of a theoretical assessment prior to IA1 and the same theoretical assessment prior to IA2. This will allow us to track student progress.

This is a conscious decision to maximise the time given for students to engage in practical development of their sporting knowledge, whilst recognising the need to prepare students for the demands of KS4.



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Year 8 AO	Meeting (You can demonstrate these skills most of the time)	Exceeding (You can demonstrate these skills most of the time)
A01 Knowledge and understanding	The learner has developed competent theoretical knowledge and understanding of the factors that underpin physical activity and sport, including elements of the topics mentioned below: <ul style="list-style-type: none"> • Anatomy and physiology * Movement analysis * physical training • Health, fitness and well-being * Sport psychology * socio cultural influences 	The student has established a good theoretical knowledge and understanding of the factors that underpin physical activity and sport, including elements of the topics mentioned below:
A02 <u>Application</u> of sporting knowledge	The learner can competently apply knowledge to an appropriate sporting situation.	The candidate can apply detailed and accurate knowledge and understanding to a range of specific sporting scenarios.
A03 <u>Analysis and evaluation</u> of sporting concepts/performance	The learner is able to make a detailed analysis and evaluation of a sporting performance or key sporting concepts. They can successfully interpret performances, making accurate comparisons and judgements.	The candidate is able to make thoughtful and accurate analysis and evaluation of a sporting performance or concept, whilst making clear reference the key words. The learner will have very good interpretation of the situation with which they are presented, making well-argued points and clearly justified recommendations.
A04 Demonstration of <u>skills</u> and <u>technique</u>	Demonstrates a Competent level of core skills, techniques and decision making during practice situations. Advanced skills are acknowledged and being used on occasion. There is an understanding of what needs to be done to improve and with help this is acted upon	Demonstrates a good level of core skills, techniques and decision making during both practice and competitive situations. Advanced skills are developing and being used effectively in isolation. There is precision, control and fluency in performance. There is also an understanding of what needs to be done to improve and this is acted upon
A04 Understanding of <u>tactics</u> and <u>strategies</u>	There is a clear understanding and consistent application of the tactics and strategies required for practice situations with limited application/success during competitive situations.	The candidate shows clear understanding and consistent application of the tactics and strategies required for practice situations, whilst developing accurate use of these approaches in competitions situations.