

Assessment Focuses for Physical Education (PE)

	AF 1 - Knowledge & Understanding Knowledge and understanding of physical activity and sporting techniques	AF 2 - Application Performance and application of sporting techniques.	AF 3 - Analysis Strategic thinking skills.	AF 4 - Evaluation / Creation Critical evaluation and reflection skills.
8	Understands; applies, adapts, innovates and role models a wide range of techniques in physical activities. Exceptional understanding of body positioning, timing, stages of movement and understanding of technique as well as always having awareness of when to apply the technique with thorough justification.	Mastery of advanced techniques. Outstanding control, fluency of movement, and coordination. Consistently accurate	Outstanding ability to apply advanced techniques in a competitive situation effectively and strategically. Can perform outstandingly under pressure, selecting appropriate advanced techniques effectively and strategically. Always demonstrates creative individuality in performance.	Can critically evaluate performance at an exceptional level identifying strengths areas for improvement. Strategies for improvement are innovative, exceptional kinaesthetic awareness, effective use and provision of peer feedback able to self-observe identify areas for improvement and implement strategies for improvement.
7	Understands; applies; adapts; and innovates a wide range of techniques in physical activities. Outstanding understanding of body positioning, timing, stages of movement, understanding the objective of the technique, nearly always has awareness of when to apply the technique with brief justification	Mastery of advanced techniques with outstanding control, fluency of movement, and coordination. Accuracy is inconsistent	Outstanding ability to apply advanced techniques in a competitive situation effectively and strategically. Can perform outstandingly under pressure, selecting appropriate advanced techniques effectively and strategically. Emerging creative individuality in performance	Can critically evaluate performance at an outstanding level identifying strengths areas for improvement strategies for improvement outstanding kinaesthetic awareness effective use and provision of peer feedback able to self observe identify areas for improvement and implement strategies for improvement.
6	Understands; applies; and adapts a range of techniques in physical activities. Excellent understanding of; body positioning, timing, stages of movement, understanding the objective of the technique, always aware when to apply the technique	Can perform advanced techniques with some difficulty. Excellent control, accuracy and fluency of movement for basic techniques.	Excellent ability to apply advanced techniques in a competitive situation effectively. Can perform excellently under pressure; select appropriate advanced techniques effectively; use higher order skills effectively and strategically; demonstrate excellent tactical awareness.	Can critically evaluate performance at an excellent level; identifying strengths and areas for improvement; excellent kinaesthetic awareness; effective use and provision of peer feedback. Able to self observe identify areas for improvement and implement strategies for improvement.
5	Understands and applies a range of techniques in physical activities. Very good understanding of body positioning, timing, stages of movement, understanding the objective of the technique and demonstrates awareness of when to apply the technique.	Can perform advanced techniques with some difficulty. Very good control, accuracy and with fluency of movement for basic techniques.	Ability to sometimes apply advanced techniques in a competitive situation. Can perform well under pressure; select appropriate advanced techniques; use higher order skills effectively; demonstrate good tactical awareness.	Can critically evaluate performance at a very good level; very good kinaesthetic awareness; effective use of peer feedback; able to self observe and identify areas for improvement.
4	Understands the purpose of basic techniques in physical activities. Good understanding of body positioning, timing, stages of movement, understanding the objective of the technique, sometimes has awareness of when to apply the technique.	Can perform basic techniques with ease. Good control, fluency of movement, accuracy and coordination.	Good ability to apply basic techniques in a competitive situation. Can perform under pressure; select appropriate techniques; use higher order skills; demonstrate tactical awareness.	Can critically evaluate performance at a good level; good kinaesthetic awareness; effective use of peer feedback; able to self observe and identify areas for improvement.
3	Identifies basic techniques in physical activities. Some understanding of body positioning, timing, stages of movement, understanding the objective of the technique	Can perform basic techniques with some difficulty. Some control, fluency of movement, accuracy, coordination.	N/A	N/A
2	Recognises basic features of physical activities, eg. can tell the difference between sprinting and jogging. Displays some understanding the objective of the technique.	Struggles with performing basic techniques. Difficulty with fluency of movement, accuracy, coordination but emerging control over actions	N/A	N/A
1	Occasionally recognises basic features of physical activities, eg. can tell the difference between sprinting and jumping; but may not be able to identify correctly when/where a specific type of physical activity could be used in a sporting context.	N/A	N/A	N/A