



# Year 7 Milestone Criteria

## Physical Education

### Assessment Objectives

PE1 - develop physical skills

PE3 - develop leadership skills

PE2 - develop mental skills

PE4 - develop healthy active lifestyle skills

PURPLE	PE1	can efficiently make adjustments to technique when required	
	PE1	use advanced skills in a game/rehearsal and performance with some success	
	PE1	performance has a positive influence on the performance of others I work with	
	PE2	have a good understanding of all the rules, tactics and strategies/technical, interpretive and performance skills	
	PE2	can cope with multiple information, changes in stimuli and solve complex problems	
	PE2	can select and combine advanced skills, techniques and ideas in complex situations	
	PE3	am confident in most situations, displaying very good organisation and communication skills	
	PE3	can accept and take on a role most suited to my group/team and negotiate a change in that role when appropriate	
	PE4	can officiate full-sided games with support	
	PE4	usually motivated to always do my best	
BLUE	PE1	can modify skills to suit changing situations to have a positive effect	
	PE1	can use combinations of skills confidently	
	PE1	can perform the intermediate skills effectively in a competitive situation/performance	
	PE2	can use imaginative ways to solve problems	
	PE2	can select and combine intermediate skills, techniques and ideas effectively	
	PE2	can identify key strengths and weaknesses in a performance and plan for improvement	
	PE3	can give and receive sensitive feedback to improve myself and others	
	PE3	can officiate small-sided games with support using the main rules	
	PE3	can demonstrate the ability to assist in the planning and delivery of a variety of sessions and can help set up the skills practice	
PE4	usually motivated to do my best		
GREEN	PE1	can perform basic skills in a practice/rehearsal situation	
	PE1	can link some skills together when I am doing drills/performing	
	PE2	know basic rules, tactics and strategies	
	PE2	can compare and make comments	
	PE3	can identify the main strengths and weaknesses in others' work	
	PE3	show patience and support others	
	PE3	can assist with officiating basic games/activities/ run rehearsals	
	PE4	can warm up/cool down by myself	
	PE4	have some self confidence to get involved, demonstrate and answer questions	
YELLOW	PE1	learning the basic skills	
	PE2	identify the main similarities and differences	
	PE2	observe and makes decisions with support	
	PE2	observe and comments on what was good with support	
	PE3	demonstrate the basic level of performance in the role of a leaders assistant	
	PE4	Identifies the words strength, stamina and suppleness with support	
	PE4	can warm up /cool down correctly under supervision	
	PE4	some self confidence to get involved in PE and demonstrate when asked	