



# Year 8 Milestone Criteria

## Physical Education

### Assessment Objectives

PE1 - develop physical skills

PE3 - develop leadership skills

PE2 - develop mental skills

PE4 - develop healthy active lifestyle skills

<b>PURPLE</b>	PE1	use advanced skills effectively in a competitive situation/performance	
	PE1	can perform the whole range of skills and techniques at a high standard with consistency and accuracy	
	PE1	can perform skills in pressure situations	
	PE2	can show a high level of awareness and anticipation in changing situations	
	PE2	can apply the principles of advanced strategies, tactics and composition in my own and others' work	
	PE3	can comment in detail on my own and others' work as an individual and team member	
	PE3	can inspire and enthuse those around me	
	PE3	can demonstrate the ability to plan and deliver a number of sessions for a range of participants and can plan advanced training	
	PE4	represent the school and usually attend training/after-school rehearsal	
<b>BLUE</b>	PE1	can perform a variety of skills consistently and effectively in challenging or competitive situations/rehearsals	
	PE1	can perform the intermediate skills with fluency	
	PE1	am developing my advanced skills	
	PE2	can adapt my actions in response to changing circumstances	
	PE2	have a good understanding of all the main rules, tactics and strategies/technique, interpretive and performance skills	
	PE3	can involve others and motivate those around me to perform	
	PE3	can officiate small sided games, small scale rehearsals independently	
	PE4	can demonstrate the ability to plan and deliver a number of sessions and plan basic skills practices	
	PE4	have the self—confidence to get involved, demonstrate and answer questions	
<b>GREEN</b>	PE1	am starting to have a positive influence on a competitive situation/performance	
	PE1	am starting to choose, link and combine skills	
	PE1	can perform the intermediate skills in a practice/rehearsal situation	
	PE1	can apply the basic skills, techniques and ideas accurately	
	PE2	can identify specific parts of performance to work upon	
	PE3	can suggest basic ways to improve my own and others' work	
	PE3	can help my partner/team/group make decisions	
	PE3	am confident in certain situations, displaying some good communication skills	
	PE4	engage in lessons with a willingness to participate	
<b>YELLOW</b>	PE1	can perform the basic skills in isolation	
	PE2	understand basic tactics/composition and vary the response to some situations	
	PE2	understand basic rules/principles across a range of activities	
	PE2	can identify the main strengths and weaknesses in my own work	
	PE3	can work as part of a small team	
	PE3	can score a basic game	
	PE4	can warm up/cool down correctly in small group	
	PE4	sometimes attend an extra—curricular club	