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| **Yr7 – Health and Fitness assessment Matrix for learning** | | | | |
|  | **WHAT**  Is being assessed? | **HOW** will it look at each stage of development? | | |
|  |  | **Foundation (A, B, C)** | **Bronze (-1, 1, 1+)** | **Silver (-2,2,2+)** |
| Doing  *(Physically competent, expert techniques, effective performance)* | Components of fitness:  Cardiovascular endurance  muscular endurance muscular strength flexibility  speed  power  balance  reaction time  agility  coordination | ***(Focus on P-Scale)***  I can listen and talk to my partner during a task. P8  I can be sensible when listening to instructions. P7  Can take part in some of a training session | I find it hard to complete each workout | I can complete most of each workout without stopping |

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| **Yr8 – Health and Fitness assessment Matrix for learning** | | | | |
|  | **WHAT**  Is being assessed? | **HOW** will it look at each stage of development? | | |
|  |  | **Bronze** | **Silver** | **Gold** |
| Doing  *(Physically competent, expert techniques, effective performance)* | Training methods  Continuous training  Interval training (HIIT)  Fartlek training  Flexibility training  Plyometric training  Circuit training  Weight training | I can take part in most of the training session without stopping | I can complete each training session without stopping | I can complete each training session without stopping and be able to give sporting examples |

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| **Yr9 – Health and Fitness assessment Matrix for learning** | | | | |
|  | **WHAT**  Is being assessed? | **HOW** will it look at each stage of development? | | |
|  |  | **Silver** | **Gold** | **Platinum** |
| Doing  *(Physically competent, expert techniques, effective performance)* | **Fitness testing**  Multi-stage fitness test  Illinois agility test  Hand wall toss test  Hand grip dynamometer  Ruler drop test  30m sprint test  Sit and reach  Sit up bleep test  Stork stand  Vertical jump test  1 rep max | I can complete all fitness tests | I can complete all fitness tests and I am able to relate to the component of fitness | I can complete all fitness tests, I am able to relate to the component of fitness and be able to apply sporting examples |

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| **THINKING**  *(effective performance, confident and interested* | I can identify the changes to my own body when I exercise. P8  I can listen to instructions and stop and start when told. P7  I can follow simple instructions. P7 | Identify differences in their own and others’ performance  Can identify different areas of the body that I am exercising | Explain strengths and limitations of their own and others’ performance and suggest practices that aim to improve performance  Awareness of different components of fitness and know some of their definitions. | Analyse performance compared to previous ones suggesting how to vary tactics, set plays and use of different player’s strengths in order to outwit the opposing team.  Knowledge of most components of fitness and their definitions/training methods | Devise training plans for fitness and tactics that aim to improve individual and team performance in netball.  Secure knowledge of all components of fitness and their definitions/training methods/fitness tests | Analyse performance; understand how fitness effects performance; plan ways to improve performance through devising training plans.  Know all definitions of each component of fitness and able to give sporting examples/methods of training/fitness testing |

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| **BEHAVIOUR**  *(Benefits of physical activity, confident and interested* | Attitude for learning  Leadership  Inter and intra personal skills  Healthy active lifestyles | I can listen to instructions carefully. P8  I can work closely with others and be kind when doing so. P8  I can take part in sports outside of the classroom. P8 | Attendance and kit are inconsistent; unwilling to be involved in all aspects of the lesson especially when they have no kit; need encouragement throughout the lesson to remain on task.  Understand the benefits of warming up and cooling down | On task throughout the lesson; always attends with kit; uses initiative; offers to help and seeks responsibility; leads warm-ups and cool downs. | Attends extra-curricular gym club  A role model to younger students, leads groups at gym club | Actively develops personal fitness for a sport they are involved with |