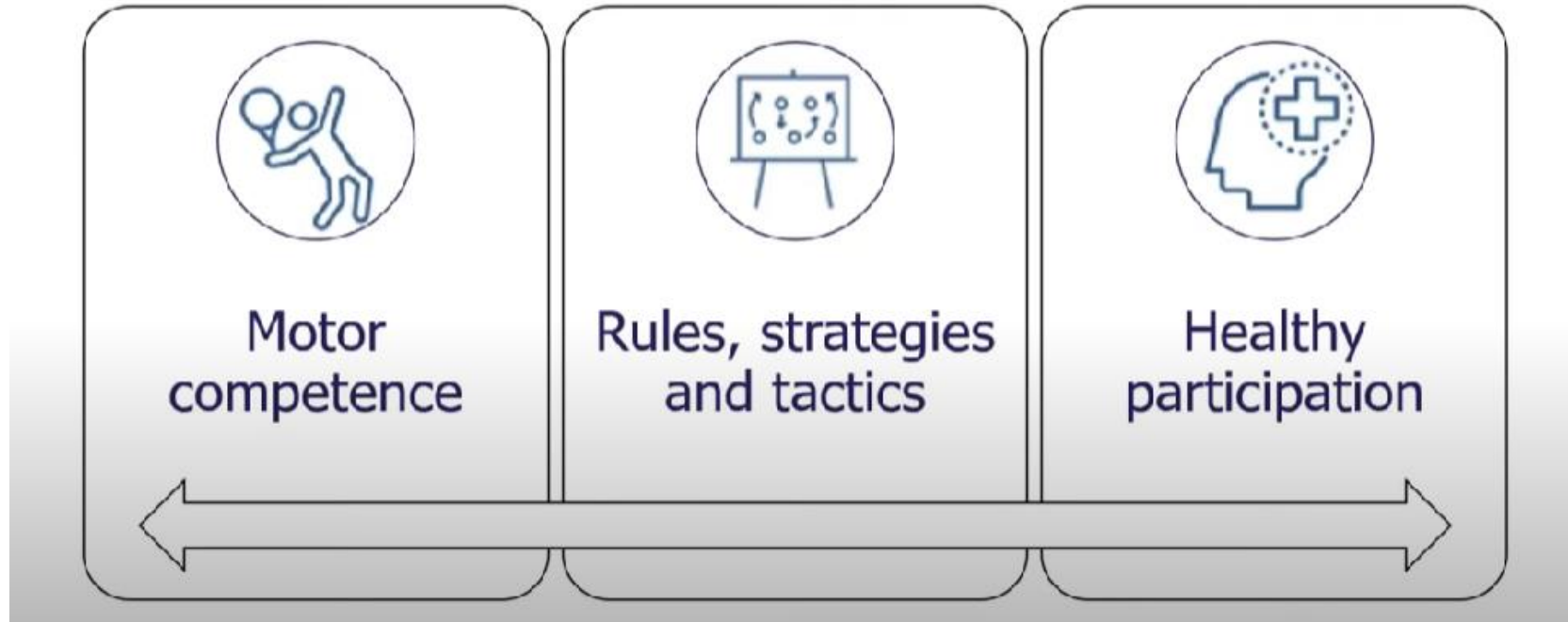


Assessment Matrix - Developing the whole child through Physical Education

**This assessment matrix has been designed to consider both procedural and declarative 'Know what & Know how' knowledge
(Hannah Miller Ofsted PE curriculum lead)**

The assessment stages also consist of the developmental areas of the whole child through each learning domain. Social, physical, affective/psychological & cognitive function

What is it to be 'competent'?



Careful instruction	Movement needs to be informed	Safe participation
Practice	How to apply the skills for the activity	Prepare for activity
Feedback	Knowledge of strategies i.e. manipulate your technique	Recover from activity
		Behaviours/How to motivate yourself

'Know what' (declarative) and 'know how' (procedural) Knowledge

Motor competence

Know what safe and successful movement looks like in specific activities/sports

Know how to 'perform' safe and effective movement

Rules, strategies and tactics

Know what the rules, conventions, regulations, strategies and tactics are for participation in specific activity/sports

Know how to 'perform' the rules, conventions, strategies and tactics in an activity/sport


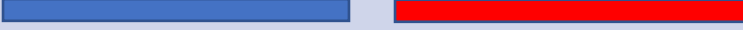





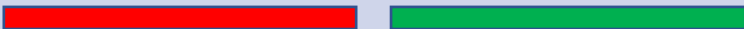



Healthy participation

Know what health and fitness mean in context, including what to do to improve and factors affecting participation

Know how to 'participate' in activity/sport

Year 3&4 PE Assessment Rubric Run- Jump- Throw (Modified Athletics)

Developing the whole child : **Social** **Physical** **Affective** **Cognitive**

Procedural Knowledge - Know how		Declarative Knowledge– Know what	
Know It (Working towards)	Grasp it (Working at)	Think it (Working beyond)	
<p>Know how- Sprint rapidly over short distances, as an individual and as part of a team</p> 	<p>Know how- Maintain a good running technique when sprinting over obstacles</p> 	<p>Know what- Engage and enjoy team based athletic activities, supporting and motivating their peers</p> 	
<p>Know what- Describe a range of techniques i.e. the sling, pull, push and heave throw technique</p> 	<p>Know how- Jump for distance/for height from standing and with a short run up/ land safely</p> 	<p>Know what- to improve on personal best through understanding a growth mindset</p> 	
<p>Know how- Demonstrate a variety of jumping Styles for distance, Perform hop and jump combinations with balance and control</p>	<p>Know what- Describe the effect of throwing from sitting, kneeling or standing to peer group and teacher</p> 	<p>Know what- to evaluate peer performances using appropriate/ ambitious vocabulary</p> 	
<p>Know what- Discuss the importance of co-operating with others in a team by contributing to discussions and resolving potential conflict</p> 	<p>Know what- Discuss how Athletics activities can effect your body/mind over time i.e. muscle gain, stamina, weight maintenance and wellbeing</p> 	<p>Know how- To perform a range of Athletic techniques across all three focus areas. Demonstrate these in a competitive environment</p> 	

NCPE- KS2 –

Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 1 &2 PE Assessment Rubric Racquet & Rebound Skills (Net & Wall)

Developing the whole child : **Social** **Physical** **Affective** **Cognitive**

Procedural Knowledge - Know how		Declarative Knowledge– Know what	
Know It (Working towards)	Grasp it (Working at)	Think it (Working beyond)	
<p>Know how- What is a racquet/ paddle? How do you hold it and use it?</p>	<p>Know how- How do you get ready to play a stroke towards a target? How do you position your racquet/paddle/hand?</p>	<p>Know what- Explain why is it important to encourage your peers when they are finding the activities difficult?</p>	
<p>Know what- Can you name a sport or activity which a person might use a racquet or paddle for?</p>	<p>Know how- Show me how to help your partner perform a rally together. Can you trap then stroke along the ground?</p>	<p>Know what- Is it important to be able to change the direction of the ball. Can you tell me why?</p>	
<p>Know what- Why is it important to play carefully when using the racquets and paddle?</p>	<p>Know how- Can you show me how to move in line with a rolling ball ready to play your stroke?</p>	<p>Know what- How does your body change when you start to take part in energetic running activities?</p>	
<p>Health/behavioural statement</p>	<p>Know what- Why is it important to keep going and try hard for your team?</p>	<p>Know what- If the challenge is tricky, how does it make you feel? Why is it ok to feel like this sometimes?</p>	

NCPE- KS1 -

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Participate in team games, developing simple tactics for attacking and defending

Year 5&6 PE Assessment Rubric

Strike, Throw, Catch

Developing the whole child: **Social** **Physical** **Affective** **Cognitive**

Procedural Knowledge - Know how		Declarative Knowledge– Know what	
Know It (Working towards)	Grasp it (Working at)	Think it (Working beyond)	
<p>Know how To send a ball/object with accuracy using a variety of techniques in isolation and while under pressure</p> <p></p>	<p>Know how To strike a ball in the desired direction with consideration of the opponent's position</p> <p></p>	<p>Know how Recognise when to change strategies in a game situation in order to achieve greater success</p> <p></p>	
<p>Know what Name at three sports which involve striking, throwing and catching which you could participate in with these skills</p> <p></p>	<p>Know what Share ideas to implement effective tactics to outwit the opposing team</p> <p></p>	<p>Know what How does activity affects the body? How activity effects mood in relation to the production of endorphins.</p> <p></p>	
<p>Know what Explain the importance of ensuring everyone is having a positive experience within PE. Describe negative effects</p> <p></p>	<p>Know how Motivate and support others in your team to ensure everyone is included and contributing</p> <p></p>	<p>Know how Consistently and with good technique, throw, catch and strike a ball with pace and accuracy</p> <p></p>	
<p>Know what Give an example of when you need to pay attention/listen to another person's views/ideas</p> <p></p>	<p>Know what When should you offer advice to a team member? Why is it important to consider this?</p> <p></p>	<p>Know what Describe the long term effects of exercise on the mind and body. Increased energy, fat loss, muscle/strength</p> <p></p>	

NCPE-

KS2 link “Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles. Pupils should enjoy communicating, collaborating and competing with each other.”