

YEAR 7 PE SPORTS ASSESSMENT CRITERIA

ATHLETICS

	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Explains the rules and techniques across track and field events. Accurately measures jumps and throws, identifies legal and illegal performances (e.g. fouls in long jump or throws), and explains how technique, pacing and fitness influence performance.	Demonstrates resilience when striving to improve personal bests. Encourages others, communicates effectively and consistently works safely and respectfully.	Performs sprinting, pace running, long jump, high jump and throwing events with excellent technique and control. Applies event-specific techniques to consistently improve personal best performances.
Confident	Demonstrates a good understanding of rules, measurements and techniques across athletics events. Can identify legal performances and explain how technique and fitness affect performance.	Works well with others, communicates positively and shows determination to improve. Demonstrates respect for others and equipment.	Performs most running, jumping and throwing techniques with good control and applies them effectively during competition.
Developing	Demonstrates a basic understanding of rules and techniques. Can measure performances with support and identify some key teaching points for different events.	Participates positively, shows respect and attempts to improve personal performances.	Performs basic running, jumping and throwing techniques with some control but consistency is still developing across events.
Emerging	Demonstrates limited understanding of athletics rules and event techniques. Requires support to measure performances and identify legal performances.	Requires encouragement to participate positively, work safely and show resilience when challenged.	Attempts basic running, jumping and throwing techniques but requires support to perform them consistently and safely.

BADMINTON

BADMINTON	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of badminton rules, scoring systems and court markings. Can accurately explain serving rules, singles and doubles court boundaries, net rules and officiating signals. Can explain how tactics create space and move opponents around the court. Consistently applies rules independently	Consistently demonstrates excellent sportsmanship, respect and badminton etiquette before, during and after games. Communicates effectively with partners during cooperative rallies and doubles play. Shows resilience when learning challenging skills and confidently leads badminton-specific warm-ups and practices. Takes responsibility for equipment, scoring and officiating.	Performs a wide range of badminton skills with control, accuracy and consistency in game situations. Demonstrates effective grip, low serve, high serve, forehand underarm clear, overhead clear, net shot, net kill and smash. Uses footwork and court positioning effectively to maintain rallies and create attacking opportunities. Applies agility, reaction time and explosive power successfully within games.
Confident	Demonstrates a good understanding of badminton rules, scoring and court markings. Can explain when different shots should be used. Correctly identifies appropriate tactics to move opponents and create scoring opportunities. Applies most rules independently.	Works well with others and communicates positively during rallies and doubles play. Demonstrates respect towards opponents, officials and partners. Shows resilience when practicing new skills and participates fully in warm-ups and activities. Can officiate games with some support.	Performs most badminton skills with control and consistency in both drills and game situations. Uses a range of shots appropriately including serves, clears, net shots and smashes. Demonstrates effective movement around the court and can sustain rallies while applying basic tactical awareness
Developing	Demonstrates a basic understanding of badminton rules and scoring. Can identify some court markings and recognise different shot types. Understands some tactical concepts but applies them inconsistently during games. Requires occasional support to score accurately and apply rules correctly.	Participates appropriately in lessons and generally works cooperatively with others. Shows some resilience when learning new skills and usually demonstrates respect towards opponents and officials. Communication is developing but may require encouragement during doubles play and officiating activities.	Performs basic badminton skills with some success in practices and simple game situations. Can demonstrate a low serve, clear and net shot with inconsistent accuracy. Movement and positioning are sometimes effective but require guidance. Beginning to use different shots to move opponents around the court.
Emerging	Demonstrates limited understanding of badminton rules, scoring and court markings. Requires regular support to identify shot types and understand when they should be used. Finds it difficult to apply rules and tactical decisions during game situations.	Requires encouragement to participate positively and communicate with others. May struggle to demonstrate resilience when learning new skills. Needs reminders about respect, etiquette and fair play before, during and after games.	Attempts basic badminton skills but with limited control and consistency. Struggles to perform serves and return shots accurately. Finds maintaining rallies and moving into effective court positions difficult. Requires significant support to develop coordination, agility and racket control.

CRICKET

CRICKET	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS – Practical skills
Strong	Demonstrates a secure understanding of cricket rules, scoring systems and basic field placements. Accurately explains batting, bowling and fielding techniques including long barrier, short barrier, seam bowling, cover drive and pull shot. Consistently applies rules independently during games and can explain how tactics create scoring opportunities.	Consistently demonstrates excellent sportsmanship, respect and communication during lessons and games. Leads warm ups and small group practices confidently. Encourages teammates and shows resilience when learning new skills. Takes responsibility for equipment, scoring and officiating.	Performs a wide range of cricket skills with control and consistency in game situations. Demonstrates accurate throwing, catching, seam bowling and batting techniques. Uses correct fielding barriers effectively and applies tactics successfully in conditioned games.
Confident	Demonstrates a good understanding of cricket rules, scoring and fielding positions. Can explain and apply key coaching points for batting, bowling and fielding. Usually applies tactics effectively in game situations and understands how to create scoring opportunities.	Works well with others and communicates positively during games and practices. Demonstrates respect to teammates, officials and opponents. Shows resilience when practicing new skills and can officiate games with some support.	Performs most cricket skills with control and consistency. Demonstrates effective seam bowling, catching and batting techniques in drills and games. Uses appropriate fielding techniques and can apply basic tactics successfully.
Developing	Demonstrates a basic understanding of cricket rules and scoring. Can identify some batting and fielding positions and recognises different shot types. Requires support to apply tactics consistently during games.	Participates appropriately in lessons and generally works cooperatively with others. Shows some resilience when learning new skills but may need encouragement during games and officiating activities.	Performs basic cricket skills with some success in practices and simple games. Can demonstrate long barrier, catching and batting techniques inconsistently. Movement and positioning are sometimes effective but require guidance.

Emerging	Demonstrates limited understanding of cricket rules, scoring and field placements. Requires regular support to identify batting or fielding techniques and struggles to apply tactics in games.	Requires encouragement to participate positively and communicate effectively with others. May struggle to demonstrate resilience when learning new skills. Needs reminders about respect and fair play during activities.	Attempts basic cricket skills but with limited control and consistency. Struggles to apply batting, bowling and fielding techniques effectively during games. Requires significant support to develop coordination, throwing and catching skills.
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DANCE

DANCE	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a clear understanding of dance terminology, structure, and choreographic devices. Can explain choices and evaluate performances with detail.	Works positively with others, shows leadership, encourages peers, and responds thoughtfully to feedback.	Performs movements accurately, with excellent timing, coordination, control, and expressive qualities.
Confident	Understands key dance concepts and can use some dance vocabulary correctly. Can describe strengths and areas for improvement.	Cooperates well in groups, contributes ideas, and accepts feedback appropriately.	Performs most movements correctly with good timing, control, and commitment.
Developing	Shows some understanding of dance concepts but needs support to apply terminology or explain ideas.	Participates in group work but may need reminders to contribute, listen, or stay focused.	Performs basic movements with some accuracy but lacks consistency in timing, control, or confidence.
Emerging	Requires significant support to understand dance concepts and use dance vocabulary.	Finds group work challenging and needs encouragement to participate positively.	Attempts movements but requires support with coordination,

			timing, and performance skills.
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FOOTBALL

FOOTBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of football rules, positions and tactics. Can explain when to pass, dribble or shoot, create space and identify effective attacking and defending strategies.	Demonstrates excellent teamwork, communication and resilience. Encourages others, shows leadership and consistently demonstrates respect and fair play.	Performs passing, receiving, dribbling, shooting and defending with excellent control and consistency. Applies skills effectively in game situations and makes good decisions under pressure.
Confident	Demonstrates a good understanding of football rules and tactics. Can explain basic attacking and defending principles and identify strengths and areas for improvement.	Works well with others, communicates effectively and demonstrates resilience. Consistently shows respect for teammates, opponents and officials.	Performs most football skills with good control and accuracy. Applies skills successfully during conditioned and competitive games.
Developing	Demonstrates a basic understanding of football rules and simple tactics. Can identify some appropriate decisions and suggest simple improvements.	Participates positively, works cooperatively with others and usually demonstrates respect and perseverance.	Performs basic passing, receiving, dribbling, shooting and defending with some control but consistency is still developing.
Emerging	Demonstrates limited understanding of football	Requires encouragement to	Attempts basic football skills but requires

	rules and tactics. Requires support to identify appropriate decisions during games.	communicate positively, work as part of a team and demonstrate resilience and respect.	support to perform them consistently and apply them effectively during games.
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GYMNASTICS

GYMNASTICS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of the four components of a floor routine, gymnastics safety and basic scoring. Can accurately explain key teaching points, evaluate performances and provide constructive feedback to improve routines. Understands how presentation, control and difficulty contribute to overall performance.	Consistently demonstrates resilience and confidence when attempting new skills and routines. Shows excellent respect for others, equipment and the learning environment, always working safely. Communicates effectively with partners, provides constructive peer feedback and encourages others to improve. Takes responsibility for leading warm-ups and supporting others.	Performs a wide range of gymnastics skills with excellent control, fluency and presentation. Demonstrates high-quality jumps, balances, rolls, travelling skills and vaulting techniques, linking them smoothly into aesthetically pleasing routines. Maintains body tension, pointed toes, controlled landings and excellent execution throughout performances.
Confident	Demonstrates a good understanding of the four components of a floor routine, gymnastics safety and basic scoring. Can explain most teaching points and identify strengths and areas for improvement in routines. Understands how execution and difficulty affect performance and usually applies this knowledge successfully.	Works well with others and communicates positively during paired and group activities. Demonstrates resilience when learning new skills and consistently shows respect for others and equipment. Provides supportive feedback and contributes positively to lessons.	Performs most gymnastics skills with good control and consistency. Demonstrates effective jumps, balances, rolls, travelling and basic vaulting techniques, linking skills into routines with developing fluency. Usually maintains good presentation and body control throughout performances.
Developing	Demonstrates a basic understanding of the components of a floor routine and some gymnastics terminology. Can identify simple strengths and weaknesses in performances but requires support to explain how execution and difficulty influence	Participates appropriately in lessons and generally works cooperatively with others. Shows some resilience when practicing challenging skills and usually demonstrates respect towards others and	Performs basic gymnastics skills with some success, including simple jumps, balances, rolls and travelling actions. Can link some skills together into routines but control, fluency and presentation are inconsistent.

	scoring. Has a developing awareness of safety and performance quality.	equipment. Can provide simple peer feedback with guidance.	Developing confidence when attempting vaulting and more challenging skills.
Emerging	Demonstrates limited understanding of the components of a floor routine, gymnastics terminology and scoring. Requires regular support to recognise safe practice and identify how routines can be improved. Finds evaluating performances challenging.	Requires encouragement to participate positively and work cooperatively with others. May lack confidence when attempting unfamiliar skills and needs reminders about resilience, respect and safe use of equipment.	Attempts basic gymnastics skills but with limited control, balance and coordination. Finds linking movements into routines difficult and requires significant support to perform jumps, balances, rolls, travelling skills and vaulting safely and effectively.

HOCKEY

HOCKEY	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of hockey rules, terminology and tactical principles. Explains when to dribble, pass, shoot or tackle, creates and uses space effectively, and can evaluate performance to improve team play.	Demonstrates excellent teamwork, communication and resilience. Shows leadership, encourages others and consistently demonstrates respect and fair play.	Performs grip, dribbling, passing, receiving, shooting and block tackling with excellent control and consistency. Applies attacking and defending skills effectively to outwit opponents in game situations.
Confident	Demonstrates a good understanding of hockey rules, terminology and tactical principles. Can explain basic attacking and defending decisions and identify strengths and areas for improvement.	Works well with others, communicates effectively and demonstrates resilience. Consistently shows respect for teammates, opponents and officials.	Performs most hockey skills with good control and accuracy. Applies passing, dribbling, shooting and defending effectively during conditioned and competitive games.
Developing	Demonstrates a basic understanding of hockey rules and simple tactical concepts. Can identify appropriate decisions with	Participates positively, works cooperatively with others and usually demonstrates respect and perseverance.	Performs basic grip, dribbling, passing, receiving and shooting with some control but consistency is still

	support and suggest simple improvements.		developing during games.
Emerging	Demonstrates limited understanding of hockey rules and tactical principles. Requires support to make appropriate decisions during games.	Requires encouragement to communicate positively, work as part of a team and demonstrate resilience and respect.	Attempts basic hockey skills but requires support to perform them consistently and apply them effectively during game situations.

NETBALL

NETBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of netball rules, positions and court markings. Can accurately explain the footwork rule, obstruction, marking distance, the 3-second rule, offside and basic umpire signals. Understands the roles and responsibilities of all seven positions and consistently selects appropriate tactics, movement and pass types to maintain possession and outwit opponents. Applies rules independently during games and can evaluate performance using correct netball terminology.	Consistently demonstrates excellent communication, teamwork and leadership. Encourages teammates, supports others in learning positions and tactics, and confidently leads small-group warm-ups and practices. Shows resilience when learning new skills and consistently demonstrates respect towards teammates, opponents and officials before, during and after games. Takes responsibility for team performance and officiating duties.	Performs core netball skills consistently and effectively in competitive situations. Demonstrates accurate passing and receiving, effective footwork, confident dodging and double dodging, strong stage 1 and stage 2 defensive techniques, and accurate shooting. Moves intelligently into space, maintains possession under pressure and contributes positively in both attacking and defensive phases of play. Applies agility and explosive power effectively during games.
Confident	Demonstrates a good understanding of netball rules, positions and court areas. Can explain the purpose of different passes, attacking movements and defensive techniques. Usually applies rules correctly and understands where positions can play. Makes effective decisions about movement, passing and maintaining possession during games.	Works well with others and communicates positively during lessons and games. Demonstrates respect towards teammates, opponents and officials. Shows resilience when challenged and contributes positively to team activities. Supports others when learning positions and can undertake simple officiating responsibilities with confidence.	Performs most netball skills with control and consistency during drills and game situations. Uses a variety of passes effectively, demonstrates correct footwork, can dodge to create space, mark opponents and apply defensive techniques. Demonstrates competent shooting technique and contributes to maintaining

			possession and creating scoring opportunities.
Developing	Demonstrates a basic understanding of some netball rules, positions and court markings. Can identify different passes and some positional responsibilities but applies this knowledge inconsistently during games. Requires occasional support to apply rules correctly and understand tactical decisions.	Participates appropriately in lessons and generally works cooperatively with others. Shows some resilience when learning new skills and usually demonstrates respect towards teammates and opponents. Communication is developing but may require encouragement during practices and games.	Performs basic netball skills with some success. Can demonstrate passing, receiving, footwork, dodging and shooting in isolated practices but applies them inconsistently during games. Movement into space and defensive positioning are developing and require guidance to be effective.
Emerging	Demonstrates limited understanding of netball rules, positions and court markings. Requires regular support to understand the footwork rule, positional responsibilities and basic tactical concepts. Finds it difficult to apply knowledge during game situations.	Requires encouragement to participate positively and communicate with teammates. May struggle to demonstrate resilience when learning new skills and needs reminders about respect, teamwork and sportsmanship.	Attempts basic netball skills but with limited control and consistency. Struggles to apply passing, receiving, footwork, dodging, marking and shooting techniques effectively. Finds maintaining possession, creating space and applying defensive skills challenging without significant support.

ROUNDERS

ROUNDERS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of rounders rules, scoring and terminology. Can explain legal bowling, batting rules, fielding roles and select effective tactics to outwit opponents. Evaluates performance and suggests improvements.	Demonstrates excellent teamwork, communication and leadership. Encourages others, officiates fairly and consistently shows resilience and respect.	Performs batting, bowling, throwing, catching and long barrier technique with excellent control and consistency. Uses accurate placement, effective fielding and tactical decision-making to outwit opponents.
Confident	Demonstrates a good understanding of rounders rules, scoring and fielding positions. Can identify appropriate tactics and explain strengths and areas for improvement.	Works well with others, communicates effectively and demonstrates resilience. Consistently shows respect for teammates, opponents and officials.	Performs batting, bowling, throwing and catching with good control and accuracy. Applies fielding techniques and tactics effectively during games.
Developing	Demonstrates a basic understanding of rounders rules, scoring and simple	Participates positively, works cooperatively and usually demonstrates	Performs basic batting, bowling, throwing and catching with some

	tactics. Can identify some fielding roles and suggest simple improvements.	respect and perseverance.	control. Begins to use long barrier and appropriate fielding techniques during games.
Emerging	Demonstrates limited understanding of rounders rules and tactics. Requires support to identify scoring, legal play and fielding responsibilities.	Requires encouragement to communicate positively, work as part of a team and demonstrate resilience and respect.	Attempts basic batting, bowling, throwing and catching but requires support to perform them consistently and apply them effectively during games.

RUGBY

RUGBY	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of touch rugby rules and terminology. Explains backward passing, offside, restarts and attacking principles, selecting effective tactics to maintain possession and create space. Evaluates performance and suggests improvements.	Demonstrates excellent teamwork, communication and leadership. Encourages others, shows resilience when challenged and consistently demonstrates respect and fair play.	Performs passing, receiving, support running, evasion and kicking with excellent control and consistency. Maintains possession, creates space and applies skills effectively to outwit opponents during games.
Confident	Demonstrates a good understanding of touch rugby rules, attacking principles and positional play. Can explain appropriate decisions in attack and identify	Works well with others, communicates effectively and demonstrates resilience. Consistently shows respect for	Performs passing, receiving, support play and evasion with good control and accuracy. Applies skills effectively during conditioned and competitive games.

	strengths and areas for improvement.	teammates, opponents and officials.	
Developing	Demonstrates a basic understanding of touch rugby rules and attacking concepts. Can identify simple tactics and suggest basic improvements with support.	Participates positively, works cooperatively with others and usually demonstrates respect and perseverance.	Performs basic passing, receiving and support play with some control. Begins to create space and maintain possession during games.
Emerging	Demonstrates limited understanding of touch rugby rules and tactics. Requires support to identify appropriate decisions and attacking principles during games.	Requires encouragement to communicate positively, work as part of a team and demonstrate resilience and respect.	Attempts basic passing, receiving and movement skills but requires support to perform them consistently and apply them effectively during games.

TENNIS

TENNIS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of tennis rules, scoring and court markings. Explains when to use forehand, backhand and underarm serve, applies court etiquette confidently and evaluates performance to improve shot selection and tactics.	Demonstrates excellent resilience, communication and sportsmanship. Encourages others, officiates fairly and consistently shows respect for opponents and officials.	Performs the ready position, grip, forehand, backhand and underarm serve with excellent control and consistency. Uses effective footwork, court positioning and shot placement to sustain rallies and outwit opponents.
Confident	Demonstrates a good understanding of tennis rules, scoring and court markings. Can explain basic shot selection and identify strengths and areas for improvement.	Works well with others, communicates effectively and demonstrates resilience. Consistently shows respect through good court etiquette and fair play.	Performs forehand, backhand, underarm serve and court movement with good control and accuracy. Applies skills effectively during rallies and games.

Developing	Demonstrates a basic understanding of tennis rules, scoring and simple tactics. Can identify appropriate shots and suggest simple improvements with support.	Participates positively, works cooperatively with others and usually demonstrates respect and perseverance.	Performs basic forehand, backhand, serve and movement skills with some control. Begins to sustain rallies and apply simple tactics during games.
Emerging	Demonstrates limited understanding of tennis rules, scoring and court markings. Requires support to identify appropriate shot choices and basic tactics.	Requires encouragement to communicate positively, demonstrate resilience and show respect for others and the game.	Attempts basic ready position, grip, forehand, backhand and underarm serve but requires support to perform them consistently and sustain rallies.

VOLLEYBALL

VOLLEYBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of the rules and scoring system in Volleyball. Can accurately explain rotation, three touches, serving rules and positional play. Applies tactical understanding during conditioned and full games, including creating space and identifying when to set, dig or attack. Consistently answers assessment questions correctly using sporting terminology	Consistently demonstrates excellent teamwork, communication and respect towards peers, opponents and officials. Shows resilience when skills are difficult and supports others to improve. Leads warm ups and small-group activities confidently and positively influences the group environment. Takes responsibility for organisation, equipment and fair play.	Performs core Volleyball skills consistently and effectively in game situations. Uses correct technique for set, dig, serve, block and spike with control and accuracy. Demonstrates good movement, positioning and decision making during rallies. Applies agility, coordination, balance and speed effectively within competitive situations. Can sustain rallies and contribute positively to team performance.
Confident	Demonstrates a good understanding of the main rules and can explain basic tactical ideas including rotation and the use of three touches. Usually applies knowledge appropriately during games and can identify appropriate	Works well with others and communicates positively during practices and games. Usually demonstrates resilience and respect towards others. Participates fully in warm ups and practices and takes	Performs the majority of core skills with control in isolated practices and some game situations. Can set, dig and serve with increasing consistency and attempts more advanced skills such as

	attacking and defensive options. Answers most assessment questions correctly.	responsibility when prompted. Encourages peers and contributes positively to team activities.	blocking and spiking. Shows developing movement and positioning within rallies and games. Demonstrates appropriate fitness components during activities.
Developing	Demonstrates a basic understanding of some Volleyball rules and scoring. Can identify some key terminology and simple tactical ideas but applies them inconsistently during games. Requires support to answer assessment questions accurately and to understand positioning and rotation.	Participates appropriately in lessons and works cooperatively with others when supported. Shows some resilience when challenged but confidence may vary. Usually demonstrates respect towards peers and staff. Communication within team activities is developing.	Performs some basic Volleyball skills with occasional success in drills. Can attempt a set, dig and serve but technique and consistency are inconsistent. Movement and positioning are sometimes effective but require guidance. Developing coordination and control during practices and games.
Emerging	Demonstrates limited understanding of Volleyball rules, scoring and tactical concepts. Finds it difficult to apply knowledge during games and requires regular support to understand positions, rotation and decision making. Limited use of key terminology.	Requires regular encouragement to engage positively with others and participate fully. Communication and teamwork are inconsistent. May struggle to demonstrate resilience or confidence when challenged. Needs reminders about respect, responsibility and fair play.	Attempts basic Volleyball skills but with limited control and consistency. Struggles to apply correct technique for setting, digging or serving. Finds maintaining rallies and positioning difficult. Requires significant support to develop coordination, balance and movement skills within activities.