

YEAR 8 PE SPORTS ASSESSMENT CRITERIA

ATHLETICS

ATHLETICS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Explains advanced techniques, rules and officiating across track and field events. Accurately measures and records performances, identifies legal and illegal attempts, and analyses technique to suggest specific improvements for different events.	Demonstrates resilience when striving to improve personal bests. Leads and encourages others, communicates effectively and consistently demonstrates respect, responsibility and sportsmanship.	Performs sprinting, middle-distance running, jumping and throwing events with consistently refined technique and control. Applies event-specific tactics and technical models to maximise performance and improve personal bests.
Confident	Demonstrates a secure understanding of event rules, measurements and technical models. Can explain how technique, pacing and fitness influence performance and identify strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates determination to improve. Consistently shows respect for others, equipment and officials.	Performs most running, jumping and throwing techniques with good consistency and control. Applies appropriate techniques and tactics during competition to improve performance.
Developing	Demonstrates a sound understanding of rules and techniques across athletics events. Can measure and record performances accurately and identify some technical improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Shows respect for others and equipment.	Performs basic running, jumping and throwing techniques with developing consistency. Applies some event-specific techniques during practice and competition.
Emerging	Demonstrates a limited understanding of athletics rules and event techniques. Requires support to measure performances accurately, identify legal attempts and explain how to improve performance.	Requires encouragement to participate positively, demonstrate resilience and work safely with others.	Attempts basic running, jumping and throwing techniques but requires support to perform them consistently and safely across different events.

BADMINTON

Badminton	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of badminton rules, scoring and tactics. Selects and explains when to use a range of attacking and defensive shots to outwit opponents. Understands the role of fitness and officiating in performance.	Consistently demonstrates excellent communication, leadership and sportsmanship. Shows resilience when challenged, leads warm-ups confidently and takes responsibility for officiating and fair play.	Performs a wide range of badminton skills with control and accuracy. Uses serves, clears, smashes, drop shots and net shots effectively to move opponents around the court and create attacking opportunities.
Confident	Demonstrates a good understanding of rules, scoring and tactics. Usually selects appropriate shots during games and understands the importance of fitness and officiating.	Communicates well with others and demonstrates resilience and respect during lessons and games. Participates positively and can officiate with confidence.	Performs most badminton skills consistently in practices and games. Uses a range of shots effectively and demonstrates good movement and court positioning.
Developing	Demonstrates a basic understanding of rules and shot selection. Can identify some tactical ideas but applies them inconsistently during games. Requires occasional support with officiating and decision making.	Participates appropriately and works well with others when supported. Shows developing resilience and communication and usually demonstrates respect towards others.	Performs basic and some advanced badminton skills with some success. Beginning to use different shots and movement to create space and outwit opponents.
Emerging	Demonstrates limited understanding of rules, scoring and tactics. Requires regular support to apply knowledge during game situations.	Requires encouragement to communicate and participate positively. Needs reminders about resilience, respect and fair play.	Attempts a range of badminton skills but with limited control and consistency. Requires support to use skills and movement effectively during games.

CRICKET

CRICKET	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of cricket rules, scoring, field placements and tactics. Explains when to use different batting shots (drive, cut, pull, sweep), bowling variations and fielding strategies to outwit opponents. Analyses performances and suggests specific improvements.	Consistently demonstrates excellent sportsmanship, leadership and communication during practices and games. Encourages teammates, officiates confidently and shows resilience when adapting tactics and learning advanced skills.	Performs a wide range of batting, bowling and fielding skills with excellent control and consistency. Selects appropriate shots, bowls with accuracy and variation, fields effectively in different positions and applies advanced tactics successfully in competitive games.
Confident	Demonstrates a good understanding of cricket rules, scoring, field placements and tactics. Can explain when to use different batting shots and bowling strategies and identifies strengths and areas for improvement.	Works positively with others and communicates effectively during games and practices. Demonstrates respect, resilience and can officiate games independently.	Performs most batting, bowling and fielding skills with good consistency and control. Applies appropriate shot selection, bowling accuracy and fielding tactics effectively during games.
Developing	Demonstrates a sound understanding of cricket rules, scoring and basic tactics. Can identify suitable field placements and recognise when to use different batting shots with support.	Participates positively, works cooperatively with others and generally demonstrates resilience when learning new skills. Shows respect for teammates and officials.	Performs batting, bowling and fielding techniques with developing consistency. Demonstrates a range of batting shots and fielding techniques but requires support to apply them effectively during games.
Emerging	Demonstrates limited understanding of cricket rules, scoring and tactics. Requires support to identify field placements, shot selection and bowling strategies during games.	Requires encouragement to participate positively, communicate effectively and demonstrate resilience and respect during activities.	Attempts batting, bowling and fielding skills but requires support to perform them consistently and apply appropriate techniques during competitive situations.

DANCE

DANCE	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of choreographic devices, dance terminology and compositional techniques. Explains how formations, levels, canon, unison, transitions and dynamics enhance performance. Accurately analyses performances and provides specific feedback to refine choreography.	Demonstrates excellent leadership, communication and resilience throughout the creative process. Works collaboratively, encourages others and consistently shows respect when giving and receiving feedback.	Performs complex movement sequences with excellent control, fluency and expression. Applies timing, rhythm, formations, canon, unison and transitions confidently to create an engaging and aesthetically pleasing performance.
Confident	Demonstrates a good understanding of choreographic devices and dance terminology. Explains how timing, formations and dynamics improve performance and identifies strengths and areas for development.	Works effectively with others, communicates positively and demonstrates resilience when refining choreography. Consistently shows respect and contributes to group decisions.	Performs a range of dance movements with good control, rhythm and expression. Uses formations, levels and transitions effectively to create fluent group performances.
Developing	Demonstrates a basic understanding of dance terminology and compositional ideas. Can identify simple strengths and suggest basic improvements to choreography with support.	Participates positively, works cooperatively within a group and usually demonstrates resilience when developing routines.	Performs basic dance movements with some control and timing. Begins to use formations, levels and simple choreographic devices within a group sequence.
Emerging	Demonstrates limited understanding of dance terminology and choreographic devices. Requires support to evaluate performances and contribute ideas to choreography.	Requires encouragement to communicate positively, contribute to group work and demonstrate resilience throughout the creative process.	Attempts basic dance movements but requires support to perform with consistent timing, control and coordination within a group performance.

FOOTBALL

FOOTBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of football rules, tactics and principles of play. Explains when to pass, dribble, turn or shoot, identifies opportunities to create overloads and maintain possession, and confidently applies defensive principles including pressure, cover and delay. Analyses performances and suggests specific improvements.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs passing, receiving, dribbling, turning, shooting, heading and defending with excellent control and consistency. Uses scanning, the half turn, movement and effective decision making to create and exploit attacking opportunities in competitive games.
Confident	Demonstrates a good understanding of football tactics and principles. Explains when to pass, dribble or shoot, understands attacking and defensive roles and identifies strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and can officiate games independently.	Performs most football skills with good control and consistency. Applies the half turn, movement, shooting and defensive techniques effectively during conditioned and competitive games.
Developing	Demonstrates a sound understanding of football rules and basic tactical principles. Can identify appropriate decisions in attack and defence and suggests simple improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Shows respect for others and contributes positively to games.	Performs passing, receiving, dribbling, shooting and defending with developing consistency. Begins to apply movement, support play and simple tactical decisions during games.
Emerging	Demonstrates limited understanding of football rules and tactical principles. Requires support to identify appropriate decisions in attack and defence and explain how to improve performance.	Requires encouragement to communicate positively, demonstrate resilience and work effectively as part of a team.	Attempts basic football skills but requires support to perform them consistently and apply them effectively during competitive situations.

GYMNASTICS

GYMNASTICS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of vaulting phases, body tension, extension and centre of mass. Explains how aesthetics, fluency and composition improve a sequence and confidently evaluates performances using appropriate gymnastics terminology to suggest specific improvements.	Demonstrates excellent resilience, confidence and leadership when performing and evaluating routines. Works safely with apparatus, encourages others and consistently demonstrates respect and responsibility.	Performs rolls, balances, handstands, cartwheels, springboard jumps and vaults with excellent control, precision and body extension. Links flight, rotation and balance seamlessly into fluent, aesthetically pleasing sequences with confident use of apparatus.
Confident	Demonstrates a good understanding of vaulting technique, body control and compositional principles. Explains how body tension, timing and extension influence performance and identifies strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates resilience when refining skills. Uses peer feedback appropriately and consistently follows safe working practices.	Performs most gymnastic skills with good control, fluency and presentation. Links vaulting, balances and rotational movements effectively within sequences using apparatus confidently.
Developing	Demonstrates a sound understanding of gymnastics terminology and basic vaulting principles. Can identify simple improvements to sequences and explain some aspects of good technique with support.	Participates positively, works cooperatively with others and demonstrates resilience when attempting new skills. Usually follows safety procedures and contributes to peer discussions.	Performs rolls, balances, handstands, cartwheels and introductory vaults with developing control. Begins to link movements together showing some fluency and body tension.
Emerging	Demonstrates limited understanding of gymnastics terminology and vaulting principles. Requires support to explain how sequences	Requires encouragement to participate positively, work safely with others and demonstrate resilience when	Attempts basic gymnastics and vaulting skills but requires support to perform them with consistent control,

	can be improved and to evaluate performances.	attempting challenging skills.	body tension and safe technique when using apparatus.
--	---	--------------------------------	---

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, identifies how to create and deny space, applies pressing and marking strategies, and confidently analyses performances to suggest specific improvements.	Demonstrates excellent leadership, communication and resilience throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs dribbling, passing, receiving, reverse stops, jab tackling and shooting with excellent control and consistency. Uses speed, movement, disguise and tactical awareness to outwit opponents and influence games effectively.
Confident	Demonstrates a good understanding of hockey rules, terminology and attacking and defending principles. Explains appropriate tactical decisions, understands self-starts and identifies strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and can confidently officiate small-sided games.	Performs most hockey skills with good control and consistency. Applies passing, receiving, tackling and shooting effectively under pressure and uses space well during games.
Developing	Demonstrates a sound understanding of hockey rules and basic tactical principles. Can identify appropriate decisions in attack and defence and suggest simple improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Shows respect for others and contributes positively to team performance.	Performs dribbling, passing, receiving and shooting with developing consistency. Begins to apply attacking and defending principles during conditioned games.
Emerging	Demonstrates limited understanding of hockey rules, terminology and tactical principles. Requires support to identify appropriate decisions and	Requires encouragement to communicate positively, demonstrate resilience and work	Attempts core hockey skills but requires support to perform them consistently and apply them effectively

	explain how to improve performance.	effectively as part of a team.	during competitive situations.
--	-------------------------------------	--------------------------------	--------------------------------

NETBALL

NETBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of netball rules, positional roles and tactical principles. Explains when to pass, dodge, shoot or intercept, uses footwork, contact and obstruction rules confidently, and analyses performances to suggest specific tactical improvements.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs passing, receiving, dodging, shooting, pivoting, marking and intercepting with excellent control and consistency. Uses movement, timing and accurate decision making to create space, retain possession and outwit opponents during competitive games.
Confident	Demonstrates a good understanding of netball rules, positional responsibilities and attacking and defending principles. Explains appropriate tactical decisions, identifies strengths and areas for improvement and can officiate small-sided games confidently.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and contributes positively to team performance.	Performs most netball skills with good control and consistency. Applies passing, dodging, shooting and defensive skills effectively under pressure and uses space well during games.
Developing	Demonstrates a sound understanding of netball rules and basic tactical principles. Can identify appropriate attacking and defensive decisions and suggest simple improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Usually shows respect for others and contributes positively to the team.	Performs passing, receiving, shooting and defending with developing consistency. Begins to apply movement, support play and defensive positioning effectively during conditioned games.
Emerging	Demonstrates limited understanding of netball rules, positional responsibilities and tactical principles. Requires support to identify appropriate decisions and explain how to improve performance.	Requires encouragement to communicate positively, demonstrate resilience and work effectively as part of a team.	Attempts core netball skills but requires support to perform them consistently and apply them effectively during competitive situations.

ROUNDERS

ROUNDERS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of rounders rules, scoring, terminology and tactical principles. Explains legal and illegal deliveries, batting tactics, positional responsibilities and field placements. Analyses performances and confidently suggests tactical improvements to outwit opponents.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, umpires confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs batting, bowling, throwing, catching and long barrier techniques with excellent control and consistency. Uses spin, disguise, accurate shot placement and tactical fielding to influence games and make effective decisions when batting and fielding.
Confident	Demonstrates a good understanding of rounders rules, positional roles and tactical principles. Explains appropriate batting, bowling and fielding decisions, identifies strengths and areas for improvement and can umpire games confidently.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and contributes positively to team performance.	Performs most batting, bowling and fielding skills with good control and consistency. Applies shot placement, accurate bowling and effective field positioning during competitive games.
Developing	Demonstrates a sound understanding of rounders rules and basic tactical principles. Can identify suitable field positions, explain simple tactical decisions and suggest improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Usually shows respect for others and contributes positively to the team.	Performs batting, bowling, throwing and catching with developing consistency. Begins to apply tactical batting, accurate bowling and effective fielding during game situations.
Emerging	Demonstrates limited understanding of rounders rules, terminology and tactical principles. Requires support to identify appropriate decisions,	Requires encouragement to communicate positively, demonstrate resilience and work effectively as part of a team.	Attempts core rounders skills but requires support to perform them consistently and apply them effectively during competitive situations.

	scoring and field positions during games.		
--	---	--	--

RUGBY

RUGBY	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of T1 Rugby rules, terminology and tactical principles. Explains backward passing, roll balls, offside, phases, quick restarts and attacking shape. Identifies how width, depth, support play and overlaps create scoring opportunities and confidently analyses performances to suggest tactical improvements.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs passing, receiving, evasion, roll balls and support play with excellent control and consistency. Maintains possession under pressure, creates overlaps, applies effective line speed in defence and makes consistently effective tactical decisions during games.
Confident	Demonstrates a good understanding of T1 Rugby rules, positional play and attacking and defensive principles. Explains appropriate decisions in attack and defence, understands roll balls and offside rules, and identifies strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and contributes positively to team performance.	Performs passing, receiving, support running, evasion and defensive movement with good control and consistency. Applies attacking and defensive principles effectively during conditioned and competitive games.
Developing	Demonstrates a sound understanding of T1 Rugby rules and basic tactical principles. Can identify appropriate attacking decisions, explain simple defensive responsibilities and suggest improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Usually shows respect for others and contributes positively to the team.	Performs passing, receiving, support play and evasion with developing consistency. Begins to use width, maintain possession and defend effectively during games.
Emerging	Demonstrates limited understanding of T1 Rugby rules and tactical principles.	Requires encouragement to communicate positively, demonstrate	Attempts core T1 Rugby skills but requires support to perform them

	Requires support to identify appropriate attacking and defensive decisions and explain how to improve performance.	resilience and work effectively as part of a team.	consistently and apply them effectively during competitive situations.
--	--	--	--

TENNIS

TENNIS	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of tennis rules, scoring, court positioning and tactical principles. Explains when to use different shots, identifies attacking opportunities, applies doubles tactics confidently and analyses performances to suggest specific improvements.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs serves, forehands, backhands, volleys and movement patterns with excellent control and consistency. Applies accurate shot placement, court positioning and tactical decision making to outwit opponents during singles and doubles play.
Confident	Demonstrates a good understanding of tennis rules, scoring and tactical principles. Explains appropriate shot selection, understands court positioning and identifies strengths and areas for improvement.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for partners, opponents and officials and contributes positively to games.	Performs most tennis skills with good control and consistency. Applies serving, rallying, volleying and movement effectively during competitive play and begins to adapt tactics to opponents.
Developing	Demonstrates a sound understanding of tennis rules and basic tactical principles. Can identify appropriate shot choices and suggest simple improvements with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Usually shows respect for others and contributes positively to activities.	Performs forehands, backhands, serves and volleys with developing consistency. Begins to apply court positioning and tactical shot selection during rallies and games.
Emerging	Demonstrates limited understanding of tennis	Requires encouragement to	Attempts core tennis skills but requires

	rules, scoring and tactical principles. Requires support to identify appropriate shot choices and explain how to improve performance.	communicate positively, demonstrate resilience and work effectively with others.	support to perform them consistently and apply them effectively during competitive situations.
--	---	--	--

VOLLEYBALL

VOLLEYBALL	HEAD – Cognitive skills	HEART – Emotional/ social skills	HANDS - Practical skills
Strong	Demonstrates a secure understanding of volleyball rules, rotations and tactical principles. Explains the role of the setter, applies the three-contact rule effectively, identifies when to dig, set, spike or block, and confidently analyses performances to suggest tactical improvements.	Demonstrates excellent leadership, resilience and communication throughout lessons and games. Encourages others, officiates confidently and consistently demonstrates respect, responsibility and sportsmanship.	Performs digs, sets, serves, spikes and blocks with excellent control and consistency. Builds attacks using three contacts, demonstrates effective movement and court positioning, and applies tactical decision making successfully during competitive games.
Confident	Demonstrates a good understanding of volleyball rules, rotations and attacking principles. Explains appropriate shot selection, understands the role of the setter and identifies strengths and areas for improvement. Can confidently officiate small-sided games.	Works positively with others, communicates effectively and demonstrates resilience. Shows respect for teammates, opponents and officials and contributes positively to team performance.	Performs most volleyball skills with good control and consistency. Uses digs, sets, serves and attacking shots effectively during rallies and begins to apply tactical positioning during games.
Developing	Demonstrates a sound understanding of volleyball rules and basic tactical principles. Can identify appropriate shot choices and explain simple tactical decisions with support.	Participates positively, works cooperatively with others and demonstrates resilience when challenged. Usually shows respect for others and contributes	Performs digs, sets, serves and movement skills with developing consistency. Begins to combine skills to maintain rallies and build simple attacks during games.

		positively to team activities.	
Emerging	Demonstrates limited understanding of volleyball rules, rotations and tactical principles. Requires support to identify appropriate shot choices and explain how to improve performance.	Requires encouragement to communicate positively, demonstrate resilience and work effectively as part of a team.	Attempts core volleyball skills but requires support to perform them consistently and apply them effectively during competitive situations.