

Descriptor of a highly successful pupil in your subject at the end of Key stage 4

A highly successful pupil will be able to explain and demonstrate extensive knowledge in the following GCSE Assessment areas including; Applied Anatomy and Physiology, Movement Analysis, Physical Training, Use of Data, Sport Psychology, Socio-Cultural Influences and Health, Fitness and Wellbeing. These areas will require the pupil to provide specific sporting examples to explain terminology and provide opinions and reasoning within essay style questions and case studies.

Further to this, pupils will also demonstrate a number of skills to a high level in 3 practical sports (1 team activity, 1 individual activity and 1 team/individual activity).

1st Form

Descriptor

Pupils will begin to demonstrate basic skills across a number of different sports through physical literacy.

Skills

- Hand-Eye Co-ordination
- Catching and Throwing
- Replicating Skills
- Communication Skills

Knowledge

Pupils will use basic terminology for the human body including muscles and bones. They can also describe different skills used within sports.

2nd Form

Descriptor

Pupils will now begin to link these basic skills and develop an understanding of more complex skills. An influence of teamwork is more apparent including the fundamental factors that this entails.

Skills

- Batting Skills
- Fielding Skills
- Shot Selection
- Linking Key Skills

Knowledge

Pupils will begin to see how skill replication can have an impact on performance of skills working towards their fluidity. They begin to develop a wider mental framework of the skills needed.

3rd Form

Descriptor

Pupils can now transfer skills across different sports and demonstrate the correct technique required. They can communicate effectively and evaluate their own and others performance.

Skills

- Leadership
- Communication Skills
- Problem Solving
- Transferring Skills
- Coaching Skills

Knowledge

Pupils can now give detailed feedback on performance and help correct irregular technique. They can lead a small group and demonstrate skills with a high level of competence.

4th Form

Descriptor

Pupils will be able to look at the human body and performance in more detail whilst using extensive sporting examples to describe the process of movement.

Skills

- Analysis of Performance
- Replicating Skills to a high level
- Feedback for Performance
- Measuring Physical Exertion

Knowledge

Pupils will be able to describe and explain the anatomy of the body and its influence on performance both physically and mentally. They will be able to carry out physical testing and interpret the results.

5th Form

Descriptor

Pupils will be able to perform and then analyse this performance using specific terminology and data. They can develop ideas from other sporting cultures around the world.

Skills

- Formulating opinions and providing facts as support
- Use of effective peer assessment and feedback
- Link skills to a high level

Knowledge

Pupils can now describe, explain and formulate different opinions linking across the unit covered. They can perform different skills to a high level and provide analyse for both themselves and others.