





# Fitness PE Assessment

TOTAL SCORE (25)	On Track Indicator	Grade Descriptions
24-25		<p>Students can identify all training types, exemplify each and explain their relevance to different sports.</p> <p>Students' technique is excellent.</p> <p>Students can confidently and accurately plan 'sets' and 'reps' in a training programme on their own.</p> <p>Students can plan a fitness programme for a sport.</p>
22-23		
20-21		
19		
18	 <p>Y10 on track 11-19</p>	<p>Students can identify all training types and can give examples of each.</p> <p>Students' technique is good.</p> <p>Students can plan 'sets' and 'reps' in a training programme on their own.</p> <p>With help, students can make a fitness programme specific to a sport.</p>
17		
16		
15	 <p>Y9 on track 10-18</p>	<p>Students can identify several training types and can give some examples.</p> <p>Students' technique is generally good.</p> <p>With help, students can plan 'sets' and 'reps' in a training programme.</p> <p>Students can plan a fitness programme without help</p>
14		
13	 <p>Y8 on track 5-15</p>	<p>Students can identify several training types and perform them using the correct technique.</p> <p>Students understand the terms 'sets' and 'reps' but need help planning them in a training programme.</p> <p>Students can plan a fitness programme without help.</p>
12		
11		
10	 <p>Y7 on track 2-12</p>	<p>Students can name two training types.</p> <p>Students can develop the correct technique.</p> <p>Students understand the terms 'sets' and 'reps' but need help planning them in a training programme.</p> <p>Students can plan a fitness programme, only occasionally needing help.</p>
8-9		
6-7		
5		
3-4		<p>Students know there are different training types but are not sure what they are.</p> <p>Students need help to perform the correct technique.</p> <p>Students have heard the terms 'sets' and 'reps' but are not sure what they mean.</p>
1-2	<p>Students need help to plan a fitness programme.</p>	