

# Pupil assessment sheet (to be completed by staff)

Tick the box/paragraph that most applies to the individual across the programme. To decide overall level, please look at the mode.

NOTE: THIS COULD BE FILLED OUT BY PUPILS AS SELF-ASSESSMENT to go alongside staff assessment



Unit 1  
Plyometrics



Unit 2  
Core



Unit 3  
SAQ



Unit 4  
C&S

Name:	School Year:	Age of pupil:	Overall level:
-------	--------------	---------------	----------------

Skill	Low Attainer	Average Attainer	Good Attainer	Outstanding Attainer
Cardiovascular fitness	<input type="checkbox"/> I struggle with cardiovascular fitness and rarely manage to continue to run for extended periods of time. I cannot maintain a jog for 1 minute. I am towards the bottom of the class for the 3 min run challenge.	<input type="checkbox"/> I can jog for extended periods of time but frequently have to slow down or walk. I am towards the lower end of my class for the 3 minute run challenges.	<input type="checkbox"/> I can run at a consistent pace for extended periods of time without stopping. I am near the top of the class for the 3 minute run challenges.	<input type="checkbox"/> I can run for 1 minute for every year of my age. I am one of the top scoring in my class for the 3 minute run.
Hand-eye coordination	<input type="checkbox"/> I have limited success with hand-eye coordination challenges. I tend to drop more balls than I can catch. I struggle to coordinate my arms and legs at the same time and don't step forwards with the opposite foot when throwing.	<input type="checkbox"/> I have some success with hand-eye coordination challenges. I tend to catch 50% of balls thrown to me. I can coordinate my arms and legs at the same time but do not always step forwards with the opposite foot when throwing.	<input type="checkbox"/> I have good success with hand-eye coordination challenges. I tend to catch 75%+ of balls thrown to me. I am good at coordinating my arms and legs at the same time and will always step forward with the opposite leg to throw in most situations.	<input type="checkbox"/> I have superb hand eye coordination and tend to catch 90%+ of balls thrown to me. I am superb at coordinating my limbs at speed with consistency. I will always step forwards with my opposite foot to throw a ball, regardless of situation.
Leadership	<input type="checkbox"/> I shy away from leadership activities and would rather follow someone else's lead	<input type="checkbox"/> I am happy to demonstrate leadership within a small group as long as I am comfortable with those I am working with.	<input type="checkbox"/> I will happily take the lead with tasks e.g. warming up or collecting equipment, even if I don't know the people I am working with particularly well.	<input type="checkbox"/> I am able to be vocal and encouraging to all individuals within my team; even if they are less able or continue to make mistakes. I can confidently lead a warm up and can speak with authority when necessary.
Cooperation/ Teamwork	<input type="checkbox"/> I need encouragement from staff to work with others. I tend to always select the same people to work with and do not enjoy competitive and cooperative tasks.	<input type="checkbox"/> I like working as part of a team but can sometimes have disagreements with teammates if I do not get my own way.	<input type="checkbox"/> I am able to work cooperatively and communicate with my team but sometimes get frustrated if people are not as effective as me.	<input type="checkbox"/> I can work highly effectively with any individuals within my class and will remain encouraging, even if my team are being let down by an individual. I remain positive and constructive.
Resilience	<input type="checkbox"/> If I do not think that I can manage a task, I will try and avoid it altogether. Tasks can often seem overwhelming to me. I sometimes say that I am injured to avoid doing something.	<input type="checkbox"/> I will have the confidence to start a task or exercise but if I begin to struggle then I will become disengaged or try to avoid completing it.	<input type="checkbox"/> I consistently attempt all tasks and I do not mind if I begin to struggle. I may slow down or complete fewer repetitions but I will never stop.	<input type="checkbox"/> I have a need to achieve. I always want to achieve to the best of my ability and I do not mind if I find something hard. I enjoy being challenged and pushed and if I fail, it makes me more determined to achieve next time.
Assertion and initiative	<input type="checkbox"/> I do not like setting up partner or group work tasks and I actively avoid helping with equipment	<input type="checkbox"/> I am happy to help but often struggle to understand instructions on how to set up and find it easier to take other's lead.	<input type="checkbox"/> I enjoy the challenge of setting up equipment for my group and try and use my initiative whenever I can. I am keen to be an equipment monitor.	<input type="checkbox"/> I find it easy to follow instructions and carry out tasks to set up equipment. I can communicate to others how to help and I demonstrate initiative on a regular basis. I always try and help.

### UNIT 1 (Plyometric) Outcomes:

I understand:	I can:	I know:
What plyometric fitness is	Demonstrate plyometric strength when jumping, sprinting and bounding.	Why we warm up prior to exercise
Where major muscle groups are located in the body	Jump using both feet whilst remaining stable and balanced	How to stretch all of the major muscle groups
How I can use breathing to reduce anxiety and maintain control	Demonstrate a number of mindfulness techniques and can also use them at home	How to identify when I am feeling negative and know how to change this emotion to positivity
How to be an effective partner and teammate	Perform three simple yoga based stretches to help my muscles return to a pre-exercise state	How to perform yoga based stretches at home

### UNIT 2 (Core strength) Outcomes:

I understand:	I can:	I know:
What core fitness is	Demonstrate increasing levels of core fitness and stability	That core fitness helps to improve all aspects of games performance; specifically strength and stability
Where my core muscles are located	Use different exercises at school or at home in order to engage and work my core muscles	That in order to increase my core strength, I must work past the point that my muscles begin to ache
How mental strength can be used to push my body physically	Hold a plank for increasing amounts of time	That some core exercises such as planks can help to increase the strength in my whole body
Which exercises help to work on my core strength and stability	Work cooperatively as part of a team to achieve a desired outcome	A number of exercises that I can practice at home with my family

### UNIT 3 (Coordination and Speed, Agility, Quickness – SAQ) Outcomes:

I understand:	I can:	I know:
What SAQ stands for	Demonstrate the ability to perform different footwork patterns at an increasing speed	That to increase my hand-eye coordination, I must increase my exposure to tasks such as throwing and catching
What is meant by the term coordination and examples of when coordination is used	Step forwards with the opposite foot to the hand I throw with when throwing a ball	That I am more stable and accurate when I work with opposite sides of my body when throwing.
Which parts of my body are most involved in coordination tasks	Move my body quickly and with control when changing direction	That I must push off using my outside foot in order to change direction at speed.
What I can do to improve my coordination	Complete ladder drills using a variety of different footwork patterns with some consistency	That agility is the ability to change direction at speed.

### UNIT 4 (Speed and Cardiovascular fitness) Outcomes:

I understand:	I can:	I know:
How to prepare my body for cardiovascular exercise and why my heart rate increases	Complete a 3 minute run using a mixture of paces	That cardiovascular fitness is essential for my health
That speed improves with practice	Work as a team to complete speed challenges	That I should be able to run for 1 minute for every year of my age
That cardiovascular fitness is the ability of my heart and lungs to work efficiently to pump oxygen around my body	Lead my own warm up that maintains a high heart rate	Things that I can do at home to improve my cardiovascular fitness, e.g. walking the dog, cycling, swimming, jogging etc
That my heart rate should remain elevated for at least 30 mins a day	Push myself to run beyond a point at which I feel comfortable	That speed is my ability to move as fast as I can over a given distance