



Uppingham Community College Assessment Framework





HANDS



Fitness Levels



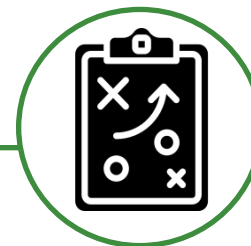
Physical Ability



Technique



Tactics



Competitive



Year 7 'HANDS' Assessment

Fitness Levels | Technique | Competition | Tactics | Skill Application

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
<u>Meeting Criteria 'M'</u>	<ul style="list-style-type: none">✓ <u>I am able to meet the fitness demands of the activity being delivered</u>✓ I can demonstrate with some consistency the techniques required for the activity✓ I am able to control my emotions during competitive situations some of the time✓ I maintain my performance levels during competitive situations some of the time✓ I sometimes apply the basic tactics required for the activity✓ I can demonstrate with some accuracy the basic skills required for the activity
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 8 'HANDS' Assessment

Fitness Levels | Technique | Competition | Tactics | Skill Application

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
Meeting Criteria 'M'	<ul style="list-style-type: none">✓ <u>I am able to meet the fitness demands of the activity being delivered</u>✓ I can demonstrate most of the techniques required for the activity✓ I am able to control my emotions during competitive situations most of the time✓ I maintain my performance levels during competitive situations✓ I apply the basic tactics required for the activity most of the time✓ I can demonstrate the basic skills required for the activity with some success
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 9 'HANDS' Assessment

Fitness Levels | Technique | Competition | Tactics | Skill Application

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
Meeting Criteria 'M'	<ul style="list-style-type: none">✓ <u>I am able to meet the fitness demands of the activity being delivered</u>✓ I effectively demonstrate the techniques required for the activity✓ I am able to control my emotions during competitive situations✓ I am effective during competitive situations✓ I effectively apply the basic tactics required for the activity✓ I can demonstrate successfully the skills required for the activity with a good level of precision, control.
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.





HEART



Teamwork



Communication



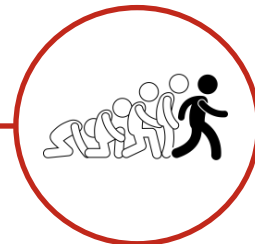
Respect



Leadership



Resilience



Confidence



Year 7 'HEART' Assessment

Confidence | Leadership | Resilience | Communication | Teamwork

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
<u>Meeting Criteria 'M'</u>	<ul style="list-style-type: none">✓ <u>I contribute to lessons and demonstrate confidence</u>✓ I sometimes demonstrate the leadership qualities required for the activity✓ I am sometimes resilient when faced with challenging situations✓ I attempt to communicate effectively with my teachers and peers✓ I can work well with my peers as part of a team most of the time
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 8 'HEART' Assessment

Confidence | Leadership | Resilience | Communication | Teamwork

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
<u>Meeting Criteria 'M'</u>	<ul style="list-style-type: none">✓ <u>I contribute to lessons and demonstrate confidence</u>✓ I demonstrate the leadership qualities required for the activity regularly✓ I am mostly resilient when faced with challenging situations✓ I mostly communicate effectively with my teachers and peers✓ I work well with my peers as part of a team most of the time
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 9 'HEART' Assessment

Confidence | Leadership | Resilience | Communication | Teamwork

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
<u>Meeting Criteria 'M'</u>	<ul style="list-style-type: none">✓ <u>I contribute to lessons and demonstrate confidence</u>✓ I effectively demonstrate the leadership qualities required for the activity✓ I am resilient when faced with challenging situations✓ I communicate effectively with my teachers and peers✓ I work well with my peers as part of a team
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.

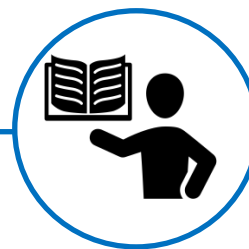




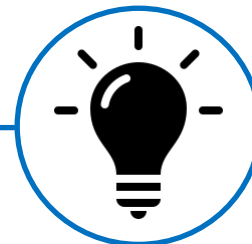
HEAD



Knowledge



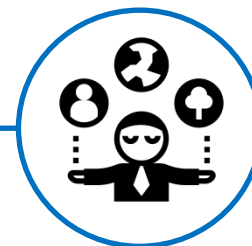
Understanding



Feedback



Responsibility



Analysis



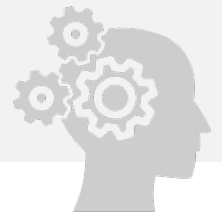
Problem Solving



Year 7 'HEAD' Assessment

Knowledge | Problem Solving | Analysis | Feedback | Decision Making

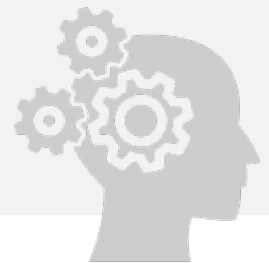
Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
Meeting Criteria 'M'	<ul style="list-style-type: none">✓ <u>I make good decisions in my lessons</u>✓ I attempt to analyse my own and/or others performance✓ I have some knowledge of the skills and concepts delivered in my lesson✓ I attempt to solve problems faced in my lessons✓ I am able to receive feedback from my teachers and peers✓ I attempt to give effective feedback to my peers
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 8 'HEAD' Assessment

Knowledge | Problem Solving | Analysis | Feedback | Decision Making

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
Meeting Criteria 'M'	<ul style="list-style-type: none">✓ I <u>make good decisions</u> in my lessons✓ I can analyse my own and/or others performance✓ I have knowledge of the skills and concepts delivered in my lesson✓ I mostly solve problems faced in my lessons✓ I am able to receive feedback from my teachers and peers and sometimes act on this✓ I give effective feedback to my peers most of the time
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.



Year 9 'HEAD' Assessment

Knowledge | Problem Solving | Analysis | Feedback | Decision Making

Working Beyond 'B'	Students are demonstrating skills, qualities and criteria beyond the 'meeting standard' and so are working beyond this target.
Meeting Criteria 'M'	<ul style="list-style-type: none">✓ I <u>make good decisions</u> in my lessons✓ I effectively analyse my own and/or others performance✓ I consistently apply knowledge of the skills and concepts delivered in my lesson✓ I effectively solve problems faced in my lessons✓ I am able to receive feedback from my teachers and peers and act on this✓ I give detailed and effective feedback to my peers
Working Towards 'T'	Students are not demonstrating the skills, qualities and criteria of the 'meeting standard' and so are working towards this target.

