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| Self Assessment GradingGrade 1 - Excellent level of knowledge and understanding. Fully prepared to teach.Grade 2- Good level of knowledge and understanding. Not fully confident to teach.Grade 3 - Some knowledge and understanding. Further research and study required before teaching.Grade 4 - Limited knowledge and understanding. Action planning required to prepare for teaching |
| **Area of Subject Knowledge** | **Self-assessment grade 1-4** |
|  | **June Pre-course** | **September Commencement of course** | **December At the end of the autumn term.**  | **March At the end of the spring term**  | **June At the end of the spring/summer term.** |
| **Curriculum content** |  |
| How aware are you of the PE pupils will have been taught before KS3? |  |  |  |  |  |
| How aware are you of the content of GCSE PE and how this builds on what is taught at KS3? |  |  |  |  |  |
| How aware are you of the content of a A'level in PE and how this builds on what is taught at KS4? |  |  |  |  |  |
| How aware are you of the content of a Btec qualifictaions in PE at both KS 4 and KS5? |  |  |  |  |  |
| **Dance** |   |   |   |   |   |
| Perform dances with simple motifs |   |   |   |   |   |
| Perform dances with complex motif |   |   |   |   |   |
| Use a range of styles and forms |   |   |   |   |   |
| Use compositional principles |   |   |   |   |   |
| Reflect social and cultural context through dance |   |   |   |   |   |
| Use presentational skills in performance |   |   |   |   |   |
| **Games** |   |   |   |   |   |
| Demo’ simple skills in invasion games |   |   |   |   |   |
| Demo’ simple skills in net & wall games |   |   |   |   |   |
| Demo’ simple skills in striking/fielding games |   |   |   |   |   |
| Understand the use of attacking and defensive principles |   |   |   |   |   |
| Change response according to situation |   |   |   |   |   |
| Use advanced techniques and skills across a range of games |   |   |   |   |   |
| **Gymnastics** |   |   |   |   |   |
| Demo’ simple gymnastic moves |   |   |   |   |   |
| Demo' simple moves - Travel and locomotion |   |   |   |   |   |
| Demo' simple moves - Rolls and rotation |   |   |   |   |   |
| Demo simple moves - Balance |   |   |   |   |   |
| Use of spring board and/or trampette |   |   |   |   |   |
| Demo' simple moves - Vaulting |   |   |   |   |   |
| Use movement combinations in different styles |   |   |   |   |   |
| Use compositional techniques to design sequences |   |   |   |   |   |
| Trampolining |   |   |   |   |   |
| Use changes in levels, speed, direction and relationship. |   |   |   |   |   |
| **Swimming & water safety** |   |   |   |   |   |
| Understand principles of four different strokes |   |   |   |   |   |
| Diving |   |   |   |   |   |
| Personal survival techniques |   |   |   |   |   |
| Lifesaving techniques |   |   |   |   |   |
| Water polo |   |   |   |   |   |
| Water confidence activities |   |   |   |   |   |
| Identify and correct inefficient technique |   |   |   |   |   |
| Use competitive rules |   |   |   |   |   |
| Set personal survival challenges |   |   |   |   |   |
| Use principles of fitness to highlight events |   |   |   |   |   |
| **Athletic Activity** |   |   |   |   |   |
| Demo’ three throwing events |   |   |   |   |   |
| Demo’ three jumping events |   |   |   |   |   |
| Demo’ different running styles (short and middle disatnce) |   |   |   |   |   |
| Use competitive rules |   |   |   |   |   |
| Have an informed awareness of safety |   |   |   |   |   |
| Use principles of fitness to highlight events |   |   |   |   |   |
| Develop advanced techniques in each event |   |   |   |   |   |
| Use orienteering and problem solving |   |   |   |   |   |
| Use a complex skills in a variety of activities |   |   |   |   |   |
| Enhance roles and responsibilities within a group |   |   |   |   |   |
| Respond to changing situations |   |   |   |   |   |
| **Outdoor & adventurous activities** |   |   |   |   |   |
| Orienteering activities |   |   |   |   |   |
| Climbing activities |   |   |   |   |   |
| Team-work and Problem solving activities |   |   |   |   |   |
| Water based activities• Kayaking• Canoeing• Sailing• Raft building |   |   |   |   |   |
| Skiing/Snowboarding |   |   |   |   |   |