

Cognitive Domain

Physical Education

The **thinking** physical being:

- ✓ Decision maker
- ✓ Analytical – deep understanding
- ✓ Confident
- ✓ Tactician

The Affective Domain

Physical Activity and Health

The **feeling** physical being:

- ✓ Social and Emotional
- ✓ Involvement and engagement
- ✓ Attitude
- ✓ Character, values
- ✓ Healthy active lifestyle

The Psychomotor Domain

Physical Activity and Sports

The **doing** physical being:

- ✓ Physically competent
- ✓ Growth and development
- ✓ Physically Active
- ✓ Competitive

Highfield School PE assessment tracker.

- Head-Cognitive Domain
- Heart-Affective Domain
- Hands- Psychomotor domain



Head: Cognitive
domain

Physical Education

1. Decision Maker

2. Analytical- Deep understanding

3. Confident

4. Tactician

1. I can follow instructions to comply with a rule

2. I can follow simple rules to complete tasks and games fairly and correctly

3. I can play games and perform routines following rules and playing fairly

4. I can coordinate effectively to officiate my peers.

1. I can follow instructions to perform skills

2. I can follow instructions in a game situation

3. Apply basic principles suitable for attacking and defending

4. Discuss principles suitable for attacking and defending

1. Apply skills

2. Apply broader range of skills (Specifically run, jump, throw, catch in isolation and in combination)

3. Develop problem solving skills

4. Develop skills to solve problems

1. Develop confidence to participate in physical activities

2. Learn how to evaluate and recognise their own success

3. Analyse and improve performances compared to previous ones

4. Analyse and improve performances of peers

Hands: The Psychomotor Domain

Physical Activity and Sports

1. Physically Competent
2. Growth and Development
3. Physically Active
4. Competitive

1. Can throw underarm
2. Can throw overarm
3. Can throw using great accuracy
4. Can throw using a variety of techniques

1. Can catch 1-2 metres away
2. Can catch over 5 metres away
3. Can catch overhead
4. Can catch over 10 metres away in a competitive situation

1. Can hit an object accurately
2. Can hit a moving object accurately
3. Can hit a small moving object accurately eg during rounders, table tennis
4. Can hit a small object accurately with power in a competitive situation

1. Can move in a variety of ways (Hop, skip, walk, roll, shuffle)
2. Can copy a 3 step sequence of movements.
3. Can create a 5 step sequence of movements
4. Can create a long sequence of movements showing contrasts in speed, level and direction.

Heart: The affective domain

Social and Emotional

1. Involvement and engagement
2. Attitude
3. Character, values
4. Healthy active lifestyle

1. Can describe how their body feels before, during and after an activity
2. Understands the importance of good health and physical exercise
3. Understands how to maintain good health and physical exercise
4. Makes good choices to maintain good health and physical exercise

1. Able to work individually and with a partner
2. Able to communicate and collaborate with a partner
3. Develop skills to solve problems
4. Take a lead role in active learning within a group

1. Enjoy communicating and collaborating
2. Enjoy competing
3. Engage in PE activities
4. Take part regularly in competitive sports

1. Able to participate in physical activity for 5 minutes
2. Successfully engage in performing a variety of exercises
3. Able to focus on the exercise/game for sufficient periods of time
4. Demonstrates good attitude towards learning and actively seeking self improvement