

# Cognitive

- + Knowledge and Understanding
- + Tactics
- + Decision Making
- + Feedback/reflection

# Physical

- + Physical Competence
- + Technique
- + Active Minutes (Extra Curricular)
- + Growth and Development (Progress)



# Social

- + Communication
- + Leadership
- + Respect
- + Team Work

# Emotional

- + Confidence
- + Motivation
- + Enthusiasm
- + Physical Literacy



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# So what do they mean?

- **Cognitive ME** – This refers to your knowledge of the sport including rules, strategies, tactics and decision making in that sport. Are you being reflective and can you respond positively to feedback given from the teacher and others.
- **Physical ME** – This refers to your ability levels to actually perform the skills within each sport, this links to your acquisition of each skill, physical literacy, body movements and techniques. Are you someone that regularly attends extra curricular PE in order to grow and progress within that particular sport.
- **Social ME** – This refers to how you communicate with others, can you work collaboratively as a team, can you manage and lead others and motivate them to improve and work hard. Do you show respect to others in order to maintain a positive dynamic within the team
- **Emotional ME** – This refers to your emotions within a sporting context, can you keep your cool, can you respect others when winning or losing, can you cope with the pressures of the game (mental capacity). Emotional ME also considers fair play within the sport, are you motivated, confident and enthusiastic about the sport.

Descriptor's	Foundation (1-4)	Developing (5-8)	Secure (9-12)	Excellence (13-16)
<b>Cognitive</b>	<ul style="list-style-type: none"> <li>A basic level of knowledge and understanding for that particular sport</li> <li>Can implement a basic level of tactics, strategies and ideas</li> <li>Decision making lacks consistency</li> <li>Understands feedback given but lacks resilience to overcome the challenge set.</li> </ul>	<ul style="list-style-type: none"> <li>A sound knowledge and understanding for that particular sport</li> <li>Can make suggestions on how to improve their own and teammates performances</li> <li>Can make informed choices that lead to some good decision making</li> <li>Can make suggestions on how to make the activity easier or harder.</li> </ul>	<ul style="list-style-type: none"> <li>Can analyse the performance of themselves and others being able to formulate plans to improve</li> <li>Suggest how different tactics and ideas can be applied to that activity</li> <li>Reflective and able to act upon feedback given</li> <li>Able to transfer knowledge across a variety of sports</li> <li>Decision making is of a good standard with the use of creativity and imagination when performing skills.</li> </ul>	<ul style="list-style-type: none"> <li>Uses and adapts advanced tactics, rules and ideas in different situations</li> <li>Reflective on choices made, knows WWW and what to improve and why</li> <li>Uses effective decision making under pressure in different situations and activities.</li> <li>Can use advanced strategies and tactics to outwit opponents</li> <li>Can set themselves clear goals and feedback intrinsically to monitor personal progress.</li> </ul>
<b>Physical</b>	<ul style="list-style-type: none"> <li>Can demonstrate simple skills such as running/throwing and catching with little control and accuracy</li> <li>Can demonstrate skills with correct technique when instructed to do so</li> <li>Can perform simple skills in isolation with some control but less so in a competitive setting.</li> </ul>	<ul style="list-style-type: none"> <li>Can demonstrate simple skills in competitive situations with some control and accuracy</li> <li>Can link and combine skills with control and co-ordination</li> <li>Can apply fundamental movement skills across different activities</li> <li>Can apply simple tactics and utilise them in a conditioned game.</li> </ul>	<ul style="list-style-type: none"> <li>Can perform more complex skills with control, accuracy and fluency</li> <li>Adaptable, can change tactics and strategies to meet the demands of the situation</li> <li>Can link and combine skills and techniques to different situations</li> <li>Can demonstrate accurate and fluent skills and techniques</li> </ul>	<ul style="list-style-type: none"> <li>Can perform more complex skills with control, accuracy and fluency with consistency</li> <li>Can link and combine skills and techniques to different situations with exceptional control</li> <li>Changes skills to suite different situations having a highly influential effect in competitive situations</li> <li>Accesses a range of extra-curricular opportunities to extend and develop skills.</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>Can communicate with others when instructed</li> <li>Can discuss strengths and weaknesses with others at a base level</li> <li>Can work collectively in small groups</li> <li>Understands the importance of respect</li> </ul>	<ul style="list-style-type: none"> <li>Can communicate and work collaboratively with others</li> <li>Can confidently lead a warm up/activity to a small group</li> <li>Can assist with officiating in lessons</li> <li>Listens to and responds to feedback from others</li> <li>Joins in with all activities even if found difficult</li> <li>Shows respect no matter what ability level</li> </ul>	<ul style="list-style-type: none"> <li>Can lead other students with little support when organising or officiating activities</li> <li>Can provide constructive feedback to others</li> <li>Can set themselves clear and realistic goals</li> <li>Regularly volunteers to assist others and show support</li> <li>Always respectful to both staff and students no matter what the circumstance.</li> </ul>	<ul style="list-style-type: none"> <li>Consistently able to work independently and with others rarely needing support</li> <li>Takes the initiative to lead when officiating and leading on skills and drills</li> <li>Motivates and encourages good values in others</li> <li>High levels of confidence, organisation and communication when leading and does this regularly with mutual respect evident at all times.</li> </ul>
<b>Emotional</b>	<ul style="list-style-type: none"> <li>Can show some signs of confidence and motivation on the activity</li> <li>Some signs of enthusiasm with skills and drills but not always fully engaged.</li> <li>Physical literacy is evident in the execution of some skills but not all.</li> </ul>	<ul style="list-style-type: none"> <li>Shows fair play, respect and support for other pupils in the class.</li> <li>Willing to ask for help when needed and will answer questions in front of peers</li> <li>Demonstrates self control and responsibility</li> <li>Can control feelings when winning or losing</li> </ul>	<ul style="list-style-type: none"> <li>Can manage emotions during competitive and challenging situations</li> <li>Supports others in learning and recognises others needs</li> <li>Always follows the rules and etiquette in competitive games</li> <li>Shows resilience when in a challenging situation</li> <li>Uses their own experiences to support others</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates high levels of self confidence</li> <li>Shows consistent positive learning behaviours such as motivation, confidence and enthusiasm</li> <li>Demonstrates clear positive values when participating and leading</li> <li>Has the mental capacity to cope with difficulty in a sporting context.</li> </ul>

# 'Cognitive ME' Grading Criteria



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## Foundation

I have some knowledge and understanding of the sport

I can implement a basic level of tactics, strategies and ideas to that sport

I can sometimes make the right decision within a game

I understand how to listen to feedback and try to use that to improve performance

## Developing

I have a sound knowledge and understanding for that particular sport

I Can make suggestions on how to improve their own and teammates performances

I Can make informed choices that lead to some good decision making

I Can make suggestions on how to make the activity easier or harder.

## Secure

I Can analyse the performance of themselves and others being able to formulate plans to improve

I can Suggest how different tactics and ideas can be applied to that activity

I can be Reflective and am able to act upon feedback given

I am able to transfer knowledge across a variety of sports

My decision making is of a good standard with the use of creativity and imagination when performing skills.

## Excellence

I can use and adapt advanced tactics, rules and ideas in different situations

I can be reflective on choices made, knows WWW and what to improve and why

I can use effective decision making under pressure in different situations and activities.

I Can use advanced strategies and tactics to outwit opponents

I Can set myself clear goals and feedback intrinsically to monitor personal progress.

# 'Physical ME' Grading Criteria



**Nunthorpe**  
Academy

## Foundation

I can demonstrate simple skills such as running/throwing and catching with little control and accuracy

I can demonstrate skills with correct technique when instructed to do so

I can perform simple skills in isolation with some control but less so in a competitive setting.

## Developing

I can demonstrate simple skills in competitive situations with some control and accuracy

I can link and combine skills with control and co-ordination

I can apply fundamental movement skills across different activities

I can apply simple tactics and utilise them in a conditioned game.

## Secure

I can perform more complex skills with control, accuracy and fluency

I can be adaptable, can change tactics and strategies to meet the demands of the situation

I can link and combine skills and techniques to different situations

I can demonstrate accurate and fluent skills and techniques

## Excellence

I can perform more complex skills with control, accuracy and fluency with consistency

I can link and combine skills and techniques to different situations with exceptional control

I can change skills to suite different situations having a highly influential effect in competitive situations

I regularly access a range of extra-curricular opportunities to extend and develop skills.

# 'Social ME' Grading Criteria



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## Foundation

I can communicate with others when instructed

I can discuss strengths and weaknesses with others at a base level

I can work collectively in small groups

I understand the importance of respect

## Developing

I can communicate and work collaboratively with others

I can confidently lead a warm up/activity to a small group  
I can assist with officiating in lessons

I am able to Listen to and respond to feedback from others

I always join in with all activities even if found difficult

I show respect no matter what ability level

## Secure

I can lead other students with little support when organising or officiating activities

I can provide constructive feedback to others

I can set myself clear and realistic goals

I regularly volunteers to assist others and show support

I am always respectful to both staff and students no matter what the circumstance.

## Excellence

I am consistently able to work independently and with others rarely needing support

I like to take the initiative to lead when officiating and leading on skills and drills

I always motivate and encourage good values in others

I show high levels of confidence, organisation and communication when leading and do this regularly with mutual respect at all times.

# 'Emotional ME' Grading Criteria



## Foundation

I can show some signs of confidence and motivation on the activity

I demonstrate signs of enthusiasm with skills and drills but not always

My physical literacy is evident in the execution of some skills but not all.

## Developing

I show fair play, respect and support for other pupils in the class

I am willing to ask for help when needed and will answer questions in front of peers

I can demonstrate self control and responsibility

I can usually control my feelings when winning or losing

## Secure

I can manage emotions during competitive and challenging situations

I support others in learning and recognise others needs

I always follow the rules and etiquette in competitive games

I can show resilience when in a challenging situation

I can Use my own experiences to support others

## Excellence

I always Demonstrate high levels of self confidence

I can show consistent positive learning behaviours such as motivation, confidence and enthusiasm

I can Demonstrate clear positive values when participating and leading

I have the mental capacity to cope with difficulty in a sporting context