

Physical and health education assessment criteria: Year 1

Criterion A: Knowing and understanding

Maximum: 8

At the end of year 1, students should be able to:

- i. outline physical and health education-related factual, procedural and conceptual knowledge
- ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations
- iii. apply physical and health terminology to communicate understanding.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: <ol style="list-style-type: none"> i. recalls some physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues iii. recalls physical and health terminology.
3–4	The student: <ol style="list-style-type: none"> i. recalls physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues and suggest solutions to problems set in familiar situations iii. applies physical and health terminology to communicate understanding with limited success.
5–6	The student: <ol style="list-style-type: none"> i. states physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues and solve problems set in familiar situations iii. applies physical and health terminology to communicate understanding.

Achievement level	Level descriptor
7–8	The student: <ol style="list-style-type: none"> i. outlines physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations iii. applies physical and health terminology consistently to communicate understanding.

Criterion B: Planning for performance

Maximum: 8

At the end of year 1, students should be able to:

- i. identify goals to enhance performance
- ii. construct and outline a plan for improving physical activity and health.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: <ul style="list-style-type: none">i. states a goal to enhance performanceii. states a plan for improving physical activity and health.
3–4	The student: <ul style="list-style-type: none">i. defines a goal to enhance performanceii. outlines a basic plan for improving physical activity and health.
5–6	The student: <ul style="list-style-type: none">i. lists goals to enhance performanceii. outlines a plan for improving physical activity and health.
7–8	The student: <ul style="list-style-type: none">i. identifies goals to enhance performanceii. constructs a plan for improving physical activity and health.

Criterion C: Applying and performing

Maximum: 8

At the end of year 1, students should be able to:

- i. recall and apply a range of skills and techniques
- ii. recall and apply a range of strategies and movement concepts
- iii. recall and apply information to perform effectively.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1-2	The student: <ol style="list-style-type: none">i. recalls limited skills and techniquesii. recalls limited strategies and movement conceptsiii. recalls limited information to perform.
3-4	The student: <ol style="list-style-type: none">i. recalls some skills and techniquesii. recalls some strategies and movement conceptsiii. recalls some information to perform.
5-6	The student: <ol style="list-style-type: none">i. recalls and applies some skills and techniquesii. recalls and applies some strategies and movement conceptsiii. recalls and applies some information to perform effectively.
7-8	The student: <ol style="list-style-type: none">i. recalls and applies a range of skills and techniquesii. recalls and applies a range of strategies and movement conceptsiii. recalls and applies information to perform effectively.

Criterion D: Reflecting and improving performance

Maximum: 8

At the end of year 1, students should be able to:

- i. identify and demonstrate strategies to enhance interpersonal skills
- ii. describe the effectiveness of a plan based on the outcome
- iii. describe and summarize performance.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: <ol style="list-style-type: none">i. identifies a strategy to enhance interpersonal skillsii. identifies the effectiveness of a planiii. outlines performance.
3–4	The student: <ol style="list-style-type: none">i. identifies strategies to enhance interpersonal skillsii. states the effectiveness of a planiii. describes performance.
5–6	The student: <ol style="list-style-type: none">i. identifies and sometimes demonstrates strategies to enhance interpersonal skillsii. describes the effectiveness of a planiii. outlines and summarizes performance.
7–8	The student: <ol style="list-style-type: none">i. identifies and demonstrates strategies to enhance interpersonal skillsii. describes the effectiveness of a plan based on the outcomeiii. describes and summarizes performance.