



P.E Departments Assessment

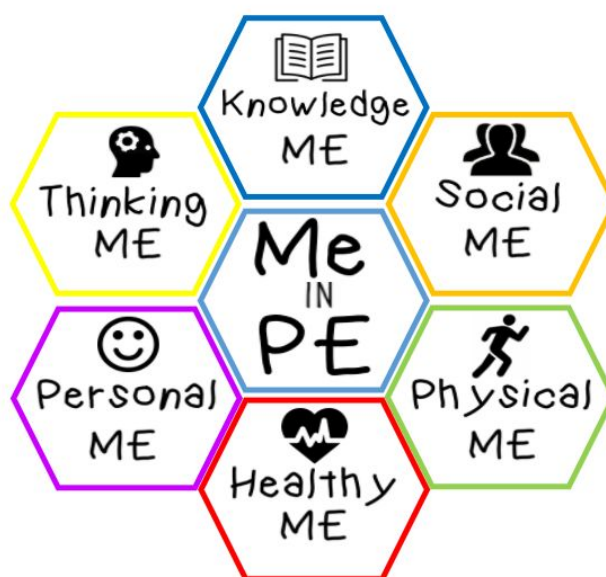
Me In P.E

1.What is me in P.E?

Me in P.E is the name of the assessment model at Cardinal Wiseman Catholic School. It allows us to assess pupils progress and assess pupils without levels after levels were removed from the National Curriculum in 2014.





Our intent is to Give pupils improved life chances through a healthier and more active lifestyle. To achieve this we need to develop Physical Literacy through the development of knowledge, physical competences and character. The Me In P.E model allows us to plan, assess and communicate what we see as the most vital elements of physical literacy.

Me in P.E consists of 6 Me in P.E strands. The image below shows these strands. We also include swimming Me as an additional Me. This is because of the importance of us helping pupils learn to swim.

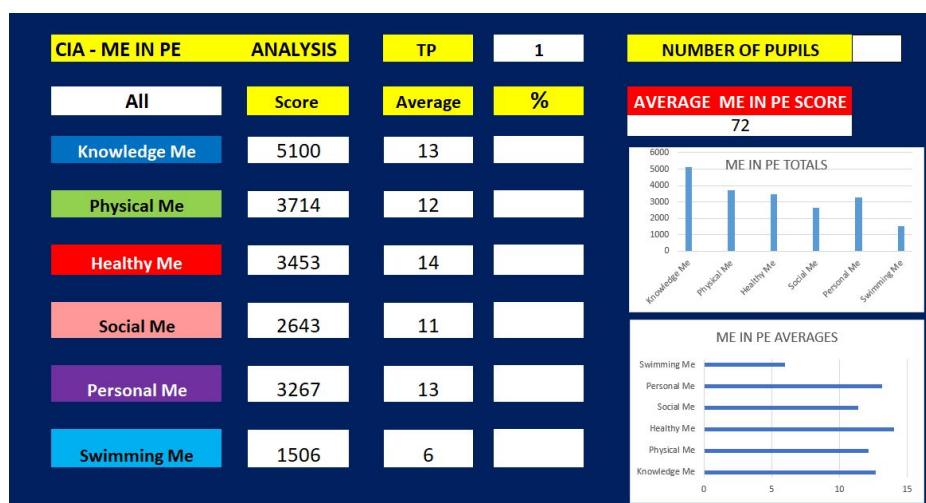


Breakdown of the Me's

Which Me am I	What is the focus of this Me	Why this Me is important
	Thinking Me is focused on helping pupils understand the activities they participate in. This includes tactics knowledge and performance analysis skills. By understanding more about the activity they can make greater	The greater understanding pupils have about their activity the more progress they can make. The more progress they make the more they can improve and enjoy the activity. Building understanding of activity is

	<p>progress. Thinking Me also gets pupils being creative and thinking how they can create their own drills or make drills they are given easier or harder to suit their needs.</p>	<p>key to long term participation once pupils leave education.</p>
	<p>Social Me looks at how pupils interact with each other and are able to lead but also work as a member of a team. Are pupils able to communicate effectively and offer feedback to each other for example.</p>	<p>If pupils are to have strong physical literacy they need to be able to communicate with others and work as members of a team. Social skills as employability skills will allow pupils to thrive both in physical activities but all elements of their lives.</p>
	<p>Physical Me is focused on pupils ability to coordinate themselves and learn and link skills. Being able to have strong fundamentals are vital in being physically literate and participating or competing in a range of physical activities both during their education and beyond.</p>	<p>In order to be physical active pupils need strong fundamentals and confidence. With these elements they can enjoy and participate in activities throughout their life with confidence.</p>
	<p>Personal Me focuses on pupils self confidence and ability to take responsibility for their progress and learning. Can they control their emotions and feelings during physical activity and competition for example.</p>	<p>For pupils to be physically literate they need strong self confidence and control over their emotions. These skills and qualities will enable pupils to be successful in employment but also enable them to have confidence in themselves.</p>
	<p>Healthy Me concentrates on physical levels of pupils' health and understanding of their own health and wellbeing.. Are pupils able to be physically active and sustain effort across different physical activities and understand its importance to their life for example. Healthy Me also looks at if pupils engage in activity outside of lessons.</p>	<p>If we are to achieve our intent to improve life chances it is vital we provide an enjoyable and comprehensive offer which enables pupils to not only understand the importance of physical activity but also participate regularly.</p>

trends that are occurring. When we review our curriculum each term we use this data to evolve our curriculum or make specific interventions for specific groups and individuals.



If you would like more information on our Me In P.E assessment model then please contact head of department Ben Powers via his email address pe@cardinalwiseman.net.