



Active Insight: Evidence in Action

Tip #284



Peer and Self Assessment

Overview

Peer and self-assessment provide opportunities for students to **observe performance, identify strengths and areas for improvement, and reflect on learning**. In Physical Education, students can use **simple criteria, observation tasks and reflection prompts** to evaluate skills, strategies and movement decisions. These approaches help students recognise **what successful performance looks like** and consider how improvements can be made. Peer and self-assessment can be used during **practice, games and movement challenges** to gather information about learning.

Key Teaching Ideas

Introduce peer and self-assessment using **simple observation criteria linked to the lesson focus**. Model how to give feedback that is **specific and connected to performance**. Focus students on **one or two key teaching points** rather than asking them to assess everything at once. Use peer and self-assessment regularly so students become familiar with **observing, discussing and reflecting on learning**. Allow opportunities for students to **apply feedback and compare performance before and after adjustments are made**.

Practical Application

- **Use observation cards.** Eg: Provide students with one or two skill cues to look for while observing a partner.
- **Include partner feedback tasks.** Eg: Ask students to identify one strength and one area for improvement after a practice activity.
- **Use self-reflection prompts.** Eg: Ask students what they did well, what they found challenging and what they will focus on next.
- **Pause activities for peer observations.** Eg: Have students observe a partner during a game or challenge before discussing performance.
- **Compare performance before and after feedback.** Eg: Give students another attempt to apply feedback and observe any changes.

Next Steps

Use simple frameworks to build confidence. Check out [The Ultimate PE Program](#) for structured assessment supports reflection, communication, and ongoing skill development in physical education.

