

# PE Assessment Grid

Year	Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance	
N	Dance		Dance		Dance		Dance		Dance		Dance	
Real PE Skills/Knowledge												
	Personal		Social		Cognitive		Creative		Physical		Health & Fitness	
FS	Dance	<ul style="list-style-type: none"> <li>I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> <li>I enjoy working on simple tasks with help (Pre-level 1)</li> </ul>	Dance	<ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing (Level 1)</li> <li>I can play with others and take turns and share with help (Pre-level 1)</li> </ul>	Dance	<ul style="list-style-type: none"> <li>I can understand and follow simple rules and can name some things I am good at (Level 1)</li> <li>I can follow simple instructions (Pre-level 1)</li> </ul>	Dance	<ul style="list-style-type: none"> <li>I can explore and describe different movements (Level 1)</li> <li>I can observe and copy others (Pre-level 1)</li> </ul>	Large Apparatus & Fundamental skills Dance	<ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> <li>I can move confidently in different ways (Pre-level 1)</li> </ul>	Large Apparatus & Dance	<ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health (Level 1)</li> <li>I am aware of the changes to the way I feel when I exercise (Pre-level 1)</li> </ul>
1	Invasion Games (Teamwork, spatial awareness, passing) Fundamental movement (ABC's)	<ul style="list-style-type: none"> <li>I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> <li>I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> </ul>	Invasion Games (Skills, movement, rules) Dance	<ul style="list-style-type: none"> <li>I can help praise and encourage others in their learning (Level 2)</li> <li>I can work sensibly with others, taking turns and sharing (Level 1)</li> </ul>	Net Games (Hand-eye co-ordination) ABC's	<ul style="list-style-type: none"> <li>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> <li>I can understand and follow simple rules and can name some things I am good at (Level 1)</li> </ul>	Outdoor Adventurous Activities Circuits	<ul style="list-style-type: none"> <li>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> <li>I can explore and describe different movements (Level 1)</li> </ul>	Throwing & Catching Circuits	<ul style="list-style-type: none"> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> </ul>	Striking & Fielding games	<ul style="list-style-type: none"> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> <li>I am aware of why exercise is important for good health (Level 1)</li> </ul>
2	Invasion Games (Teamwork, spatial awareness, passing) Fundamental movement (ABC's)	<ul style="list-style-type: none"> <li>I know where I am with my learning and I have begun to challenge myself (Level 3) I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> <li>I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> </ul>	Invasion Games (Skills, movement, rules) Dance	<ul style="list-style-type: none"> <li>I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)</li> <li>I can help praise and encourage others in their learning (Level 2) I can work sensibly with others, taking turns and sharing (Level 1)</li> </ul>	Net Games (Hand-eye co-ordination) ABC's	<ul style="list-style-type: none"> <li>I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> <li>I can understand and follow simple rules and can name some things I am good at (Level 1)</li> </ul>	Outdoor Adventurous Activities Circuits	<ul style="list-style-type: none"> <li>I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> <li>I can explore and describe different movements (Level 1)</li> </ul>	Throwing & Catching Circuits	<ul style="list-style-type: none"> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3)</li> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> </ul>	Striking & Fielding games	<ul style="list-style-type: none"> <li>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> <li>I am aware of why exercise is important for good health (Level 1)</li> </ul>
3	Basketball	<ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> <li>I know where I am with my learning and I have begun to challenge myself (Level 3)</li> <li>I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> </ul>	Circuit Training	<ul style="list-style-type: none"> <li>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> <li>I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)</li> <li>I can help praise and encourage others in their learning (Level 2)</li> </ul>	Handball	<ul style="list-style-type: none"> <li>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> <li>I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> </ul>	OAA Gymnastics/Dance	<ul style="list-style-type: none"> <li>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> <li>I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> </ul>	Athletics	<ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3)</li> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> </ul>	Cricket & Rounders	<ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> <li>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> </ul>
4	Basketball	<ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> <li>I know where I am with my learning and I</li> </ul>	Circuit Training	<ul style="list-style-type: none"> <li>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> <li>I show patience and support others, listening well to them about our</li> </ul>	Handball	<ul style="list-style-type: none"> <li>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> </ul>	OAA Gymnastics/Dance	<ul style="list-style-type: none"> <li>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> <li>I can make up my own rules and versions of</li> </ul>	Athletics	<ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and</li> </ul>	Cricket & Rounders	<ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> <li>I can describe how and why my body feels</li> </ul>

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		<ul style="list-style-type: none"> <li>have begun to challenge myself (Level 3)</li> <li>I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> </ul>		<ul style="list-style-type: none"> <li>work. I am happy to show and tell them about my ideas (Level 3)</li> <li>I can help praise and encourage others in their learning (Level 2)</li> </ul>		<ul style="list-style-type: none"> <li>I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> </ul>		<ul style="list-style-type: none"> <li>activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> </ul>		<ul style="list-style-type: none"> <li>apply a range of skills with good control and consistency (Level 3)</li> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> </ul>		<ul style="list-style-type: none"> <li>during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> </ul>
<b>Real PE Skills/Knowledge</b>												
		<b>Cognitive</b>		<b>Creative</b>		<b>Social</b>		<b>Physical</b>		<b>Health &amp; Fitness</b>		<b>Personal</b>
<b>5/6</b>	<b>Basketball</b>	<ul style="list-style-type: none"> <li>I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop (Level 6)</li> <li>I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents (Level 5)</li> <li>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> </ul>	<b>Circuit Training</b>	<ul style="list-style-type: none"> <li>I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience (Level 6)</li> <li>I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others (Level 5)</li> <li>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> </ul>	<b>Handball</b>	<ul style="list-style-type: none"> <li>I can involve others and motivate those around me to perform better (Level 6)</li> <li>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately (Level 5)</li> <li>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> </ul>	<b>OAA Gymnastics/ Dance</b>	<ul style="list-style-type: none"> <li>I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations (Level 6)</li> <li>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations (Level 5)</li> <li>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> </ul>	<b>Athletics</b>	<ul style="list-style-type: none"> <li>I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme (Level 6)</li> <li>I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5)</li> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> </ul>	<b>Cricket &amp; Rounders</b> <b>Top-Up swimming</b>	<ul style="list-style-type: none"> <li>I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6)</li> <li>I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets (Level 5)</li> <li>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> </ul>