

Pupil Assessment

Pupil:

<u>P.E</u> Focus	<u>Yr. 3/4</u>	<u>Yr. 5/6</u>	<u>Yr. 7/8</u>	<u>Yr. 9</u>
<p>Health and Fitness</p>	<p>Describe how the body feels when still and when exercising.</p> <p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p> <p>Explain why it is important to warm up and cool down.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Describe how the body reacts at different times and how this affects performance.</p>	<p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p> <p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>

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<p>Running</p>	<p>Run in different ways for a variety of purposes.</p> <p>Vary their pace and speed when running, describing the different paces.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance as they Jog, sprint in a straight line.</p> <p>Change direction when jogging, sprinting & maintain control as they change direction when jogging or sprinting.</p> <p>Complete an obstacle course.</p> <p>Vary the speed and direction in which they are travelling, run with basic techniques following a curved line.</p>	<p>Use a variety of different stride lengths.</p> <p>Travel at different speeds / begin to select the most suitable pace and speed for distance.</p> <p>Be able to maintain and control a run over different distances.</p> <p>Focus on their arm and leg action to improve their sprinting technique.</p> <p>Begin to combine running with jumping over obstacles.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Speed up and slow down smoothly & accelerate to pass other competitors.</p>	<p>Accelerate from a variety of starting positions and select their preferred position.</p> <p>Identify their reaction times when performing a sprint start.</p> <p>Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</p> <p>Select the most suitable pace for the distance and their fitness level to maintain a sustained run.</p> <p>Identify and demonstrate stamina, explaining its importance for runners & how different techniques can affect their performance.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p>	<p>Recap, practise and refine an effective sprinting technique, including reaction time.</p> <p>Build up speed quickly for a sprint finish.</p> <p>Run over obstacles with fluency, focusing on the lead leg technique and a consistent stride pattern & focus on trail leg and lead leg action when running over obstacles.</p> <p>Work as a team to competitively perform a relay.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of the run.</p> <p>Demonstrate endurance and stamina over longer distances to maintain a sustained run.</p> <p>Confidently demonstrate an improved technique for sprinting / carry out an effective sprint finish</p>

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<p>Jumping</p>	<p>Jump in a range of ways, landing safely.</p> <p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p> <p>Combine different jumps together with some fluency and control.</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate and choose the best / most appropriate jumps to cover different distances.</p> <p>Know that the leg muscles are used when performing a jumping action.</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p>	<p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Measure the distance and height jumped with accuracy.</p> <p>Investigate different jumping techniques</p> <p>Develop an effective take-off for the standing long jump.</p> <p>Develop an effective flight phase for the standing long jump.</p> <p>Use one and two feet to take off and to land with.</p>	<p>Develop the technique for the standing vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Perform and apply different types of jumps in other contexts.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p> <p>Begin to measure the distance jumped.</p>

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<p>Striking & Hitting a ball</p>	<p>Hit a ball with a bat or racquet. Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p>	<p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p>	<p>Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve to start a game.</p>

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<p>Throwing & Catching</p>	<p>Roll equipment in different ways.</p> <p>Throw underarm and overarm.</p> <p>Throw an object at a target with increasing accuracy.</p> <p>Catch equipment using two hands.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p> <p>Improve the distance they can throw by using more power.</p> <p>Throw with greater control and accuracy.</p> <p>Measure the distance of their throws.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p> <p>Throw, catch and bounce a ball with a partner / use hand-eye coordination to control a ball.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance / varying types of throw used / throw and catch with greater control and accuracy / practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a push throw.</p> <p>Perform a pull throw.</p>	<p>Consolidate different ways of throwing and catching and know when each is appropriate in a game.</p> <p>Perform a fling throw.</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p> <p>Show increasing control in their overarm throw.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance.</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p> <p>Perform a heave throw.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best.</p> <p>Develop and refine techniques to throw for accuracy.</p>

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Travelling with a Ball & Passing	<p>Move a ball in different ways, including bouncing and kicking.</p> <p>Use equipment to control a ball.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Kick an object at a target.</p> <p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p>	<p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Know how to pass the ball in different ways.</p> <p>Pass the ball in two different ways in a game situation with some success.</p>	<p>Move with the ball using a range of techniques showing control and fluency.</p> <p>Pass the ball with increasing speed, accuracy and success in a game situation</p> <p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways and begin to link together.</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p>	<p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p>

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Possession & Using Space	<p>Move safely around the space and equipment.</p> <p>Travel in different ways, including sideways and backwards.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p>	<p>Know how to keep and win back possession of the ball in a team game.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p>Find a useful space and get into it to support teammates.</p>	<p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Keep and win back possession of the ball effectively in a team game.</p> <p>Demonstrate an increasing awareness of space.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p>

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<p style="text-align: center;">Attacking & Defending</p>	<p>Play a range of chasing games.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p>	<p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p>	<p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p>	<p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p>

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Tactics & Rules	<p>Follow simple rules.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p>	<p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly.</p>	<p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p> <p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p>	<p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>

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Compete / Perform	<p>Control their body when performing a sequence of movements.</p> <p>Participate in simple games.</p> <p>Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Perform using a range of actions and body parts with some coordination.</p>	<p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Develop the quality of the actions in their performances.</p>	<p>Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>	<p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>

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Evaluate	<p>Talk about what they have done.</p> <p>Talk about what others have done.</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe performances and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p> <p>Choose and use criteria to evaluate own and others' performance.</p> <p>Explain why they have used skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>