



PHYSICAL EDUCATION ASSESSMENT DESCRIPTORS

YEAR	INVASION GAMES	GYMNASTICS	DANCE	NET AND WALL GAMES	STRIKING AND FIELDING	MULTI SKILLS AND ATHLETICS
1	<p>I know that being active is good for me and fun.</p> <p>I can move fluently, changing direction and speed easily, avoiding collisions.</p> <p>I can use skills in different ways in different games, and to try and win by changing the way I use skills in response to my opponent's actions</p>	<p>I know how to carry equipment safely.</p> <p>I can make my body curled, tense, stretched and relaxed.</p> <p>I can control my body when travelling and balancing.</p> <p>I can copy sequences and repeat them.</p> <p>I can roll, curl, travel and balance in different ways.</p>	<p>I can move to music.</p> <p>I can copy dance moves.</p> <p>I can perform my own dance moves.</p> <p>I can make up a short dance.</p> <p>I can move safely in a space.</p>	<p>I can move and stop safely.</p> <p>I can choose and use skills effectively for particular games understanding the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.</p>	<p>I can throw underarm.</p> <p>I can throw and catch with both hands.</p> <p>I can hit a ball with a bat.</p> <p>I can throw and kick in different ways.</p>	<p>I recognise how my body feels when still and when exercising.</p> <p>I can run at different speeds, jump with accuracy and use a small range of techniques.</p> <p>I can choose which throwing and retrieving technique to use</p>
2	<p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can decide the best space to be in during a game.</p> <p>I can Pass a ball accurately to a partner over a variety of distances.</p> <p>I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.</p>	<p>I can plan and perform a sequence of movements.</p> <p>I can improve my sequence based on feedback.</p> <p>I can think of more than one way to create a sequence which follows some 'rules'.</p> <p>I can work on my own and with a partner.</p>	<p>I can change rhythm, speed, level and direction in my dance.</p> <p>I can dance with control and coordination.</p> <p>I can make a sequence by linking sections together.</p> <p>I can use dance to show a mood or feeling.</p>	<p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can follow rules.</p> <p>I can vary my skills and show some understanding of simple tactics.</p>	<p>I can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control.</p> <p>I can use at least one tactic in a game.</p>	<p>I can change speed and direction, link running and jumping and throw accurately.</p> <p>I can choose which throwing and retrieving technique to use.</p> <p>I can throw a ball accurately to a partner over a variety of distances.</p>
3	<p>I am aware of space and use it to support team-mates and to cause problems for the opposition.</p> <p>I know and use rules fairly.</p> <p>I can use a range of skills to help keep possession and control of the ball.</p>	<p>I can adapt sequences to suit different types of apparatus and criteria.</p> <p>I can explain how strength and suppleness affect performance.</p> <p>I can compare and contrast gymnastic sequences.</p>	<p>I can improvise freely and translate ideas from a stimulus into movement.</p> <p>I can share and create phrases with a partner and small group.</p> <p>I can repeat, remember and perform phrases.</p>	<p>I can travel whilst bouncing a ball showing control.</p> <p>I can perform the basic skills needed for the games with control and consistency.</p>	<p>I can throw and catch with control.</p> <p>I can make up a game and play a simple rallying game.</p> <p>I can choose and use batting or throwing skills to make the game hard for my opponents.</p>	<p>I can run at fast, medium and slow speeds; changing speed and direction.</p> <p>I can take part in a relay, remembering when to run and what to do.</p> <p>I can throw with accuracy and power, into a target.</p>

4	<p>I can vary tactics and adapt skills depending on what is happening in a game.</p> <p>I know and use a range of skills that allow me to keep hold of the ball, before passing to a member of my team.</p> <p>I can choose the correct positions to be a defender and an attacker.</p>	<p>I can work in a controlled way.</p> <p>I can include change of speed and direction.</p> <p>I can include a range of shapes in my sequence work.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>I can take the lead when working with a partner or group.</p> <p>I can use dance to communicate an idea.</p> <p>I can use a range of movement and dance phrases in different ways (unison, canon) with a partner or group.</p> <p>I can remember, perform and evaluate short dance phrases, showing an understanding and an awareness of others.</p>	<p>I can perform a range of skills with accuracy and control, repeatedly in a range of situations.</p> <p>I can travel with a ball showing increasing control using both hands and feet.</p> <p>I can make up a game with simple rules using a range of learnt techniques to ensure fair play.</p>	<p>I can catch with one hand.</p> <p>I can throw and catch accurately.</p> <p>I can hit a ball accurately with control.</p> <p>I can keep possession of the ball.</p>	<p>I can run over a long distance.</p> <p>I can sprint over a short distance.</p> <p>I can throw in different ways. I can hit a target.</p> <p>I can jump in different ways.</p>
5	<p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>I can choose a tactic for defending and attacking.</p> <p>I can use a number of techniques to pass, dribble and shoot.</p>	<p>I can make complex extended sequences.</p> <p>I can combine action, balance and shape.</p> <p>I can perform consistently to different audiences.</p>	<p>I can compose my own dances in a creative way.</p> <p>I can perform to an accompaniment.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>I can keep a game going using a range of different ways of throwing.</p> <p>I can play a competitive net/wall game and use the rules I'm given.</p> <p>I can use a range of techniques when passing, <i>eg high, low, bounced, fast, slow</i></p>	<p>I can use forehand and backhand with a racket.</p> <p>I can field.</p> <p>I can strike a ball with intent and throw it more accurately when bowling and/or fielding.</p>	<p>I am controlled when taking off and landing.</p> <p>I can throw with accuracy.</p> <p>I can combine running and jumping.</p> <p>I can sustain and maintain running speed, improve on a personal target and organise and manage an athletic event well.</p>
6	<p>I can play to agreed rules.</p> <p>I can explain the rules of a game.</p> <p>I can umpire.</p> <p>I can make a team and communicate a plan.</p> <p>I can dribble effectively around obstacles, show precision and accuracy when sending and receiving.</p>	<p>I can combine my own work with that of others.</p> <p>I can perform a range of rolls showing different entrances and exits.</p> <p>I can perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.</p> <p>I can perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy.</p>	<p>I can perform a variety of dance styles with accuracy and consistency.</p> <p>I can link sequences to specific timings.</p> <p>I can explore, improvise and choose appropriate material to create new motifs in a chosen dance style.</p> <p>I can extend compositional skills incorporating a wider range of dance styles and forms.</p>	<p>I can lead others in a game situation.</p> <p>I can play recognised versions of net games showing tactical awareness and knowledge of rules and scoring.</p>	<p>I can hit the ball with purpose, varying the speed, height and direction</p> <p>I can use different ways of bowling.</p> <p>I can hit the ball from both sides of the body.</p>	<p>I can use strength, stamina and speed when running, jumping and throwing.</p> <p>I know the rules and can judge events.</p> <p>I can adapt skills and techniques to different challenges and equipment.</p>

Community, Responsibility, Endeavour, Confidence, Curiosity, Grace
Massive Minds, Huge Hearts, Guided by God

“Like a tree, planted by streams of water, in all that we do, we will prosper”