

St Patrick's PE Assessment - Age Related Expectations

	Gymnastics	Dance	Games	OAA	Athletics	Swimming	KUFF	Personal, Social, Cognitive Development
Year 1	<ol style="list-style-type: none"> 1. I can copy and explore basic actions with some control and coordination. 2. I have begun to choose and link basic actions and I can recognise and use space appropriately. 3. I can watch and discuss my own work and that of my peer. 	<ol style="list-style-type: none"> 1. I can copy, remember and repeat actions to represent a theme. 2. I can explore creating my own actions in relation to a theme. 3. I can explore a variety of space to and dynamics to represent an idea. 4. I can create my own solo. 	<ol style="list-style-type: none"> 1. I can stop a ball with basic control. 2. I can send a ball in the direction of another person. 3. I can take part in sending and receiving. 	<ol style="list-style-type: none"> 1. I can work together with my friends to achieve simple tasks (lift the parachute together). 2. I can go on treasure hunt with my teacher. 	<ol style="list-style-type: none"> 1. I can run at different speeds. 2. I can jump from a standing position. 3. I can throw an object with one hand. 		<ol style="list-style-type: none"> 1. I can safely perform a teacher led warm up. 2. I remember that we warm up at the start of our lesson. 3. I understand the importance of staying safe in PE and getting changed into appropriate kit, taking earrings out and working safely. 	<ol style="list-style-type: none"> 1. I know that it is important that we do PE in school to keep us fit and healthy. 2. I listen to the teacher and the instructions and stop an activity when asked to. I know there is a time to move and a time to stop.
Year 2	<ol style="list-style-type: none"> 1. I can copy, remember, explore and repeat simple gymnastic actions varying levels. 2. I am beginning to select simple actions to construct basic sequences linking together the movements. 3. I am beginning to identify the difference between my performance and that of others. 	<ol style="list-style-type: none"> 1. I can accurately remember, repeat and link actions to express an idea. 2. I use dynamics at times in relation to the theme in my dance. 3. I use a variety of space in my dance. 4. I can explore working with a partner using unison, matching and mirroring and question and answer. 	<ol style="list-style-type: none"> 1. I can stop/catch a ball with control. 2. I can pass a ball to someone else. 3. I can take part in games with an opposition. 4. I can compete against other people in other teams and work with my team. 	<ol style="list-style-type: none"> 1. I can work together with my team to complete a display of equipment after working from a plan. 2. I can work supportively with my team to encourage them to do their best. 3. I can work well with a team to achieve cooperative activities. 	<ol style="list-style-type: none"> 1. I can change speed whilst running. 2. I can jump accurately from a standing position. 3. I can throw a variety of objects with one hand. 4. I can compete against other children to help me improve my own performance. 		<ol style="list-style-type: none"> 1. I understand the need for warm up and cool down. 2. I can note that changes happen within my body during exercise even if I don't know why. 	<ol style="list-style-type: none"> 1. I know how to play fairly with honesty. 2. I feel comfortable with competing against others and improving my own performance.
Year 3	<p>Consolidate year 2 but adding in...</p> <ol style="list-style-type: none"> 1. I can work with more skill, strength, control, flexibility, extension and coordination and create more complex gymnastic sequences. 2. I can transition fluidly between movements in the sequence with a strong start and end. 3. I can perform a sequence including the success criteria with sense of performance. 4. I know the basic gymnastics moves of jumps, turns, rolls, balances and travels. 	<p>Consolidate year 2 but adding in...</p> <ol style="list-style-type: none"> 1. I can use simple dance vocabulary to compare and improve work (levels, actions, dynamics). 2. I can create actions in response to a stimulus individually and with a partner. 3. I use a variety of space (levels, directions, size of movement) in my dance and can travel my actions. 4. I use dynamics effectively to express an idea. 5. I perform confidently with a sense of performance. 6. I choreograph short dances on my own and with a partner showing a strong start, middle and end. 7. I have an awareness of timing. 	<p>Consolidate year 2 but adding in...</p> <ol style="list-style-type: none"> 1. I understand and can explain the basic rules of the game. 2. I understand that to be effective in a game you need good teamwork. 	<p>Consolidate year 2 but adding in...</p> <ol style="list-style-type: none"> 1. I can follow a map in a familiar context (school grounds) to complete simple orienteering activities. 2. I can offer suggestions to my team on how to resolve a problem. 3. I can work well with a team to achieve cooperative activities and competitive against other teams. 4. I can share what I think went well and what we need to improve on. 	<p>Consolidate year 2 but adding in...</p> <ol style="list-style-type: none"> 1. I can take a running jump. 2. I can use hurdles effectively combining running and leaping. 3. I can improve my fitness and realise I can improve my performance with practise. 4. I can explain the rules for the running, throwing and jumping events in sports day. 	<ol style="list-style-type: none"> 1. I can gain confidence in the water. 2. I can put my head in the water. 3. I can use recognised arm and leg actions, lying on my front and back. 4. I can enter and vacate the water safely. 	<ol style="list-style-type: none"> 1. I understand the need to work safely in all PE activities and know what a safe warm up looks like. 2. I recognise changes in my body and give reasons why PE is good for health. 3. I can explain that changes happen within my body during exercise (specifically temperature change and heart rate). 4. I can explain that being active and healthy is important. 	<ol style="list-style-type: none"> 1. I can take more responsibility in my class (as I am the older one) to partner a younger/less able child and to be a good role model to them.
Year 4	<ol style="list-style-type: none"> 1. I can copy, remember, explore and repeat gymnastic movements with accuracy of technique and control and link and vary ideas with control and coordination. 2. I can apply compositional ideas to sequences alone and with others. 3. I can describe my own and others work noting similarities and differences. 4. I can make suggestions for improvements. 	<ol style="list-style-type: none"> 1. I can respond imaginatively to a range of stimuli selecting movements to make motifs in response to a stimuli. 2. I am beginning to vary dynamics within a performance to express changes to the theme. 3. I can demonstrate rhythm. 4. I have started to show spatial awareness when dancing in a larger group. I understand and attempt to dance in unison. I am developing an understanding of formations. I can confidently use changes in level, direction and pathway. 5. I can refine my work after evaluating my own and listening to peer and teacher feedback. 6. I use dance vocabulary to compare and improve work. 7. I can work successfully in a larger group (3 or 4). 8. I can perform in The Brewery Dance Platform. 	<ol style="list-style-type: none"> 1. I can control and catch a ball with movement. 2. I can accurately pass a ball to someone else. 3. I can demonstrate attack and defence positions in a game 4. I can see opportunities to run into a space to receive the ball and see opportunities to pass it on to others. 5. I am beginning to influence opposition games. 6. I understand and explain which good tactics you need for specific games and I attempt to activate those in context. 7. I can play fairly. 	<ol style="list-style-type: none"> 1. I can follow a map in an unfamiliar context. 2. I can find courage to experience new OAA in an unfamiliar context (residential). 3. I can work well with a team to ensure a successful outcome for the team. 	<ol style="list-style-type: none"> 1. I can run at a speed appropriate to the distance I am running. 3. I can demonstrate a range of throwing actions using a variety of objects. 4. I can accurately time a peer. 5. I can lengthen my long distance time. 6. I can use higher hurdles and work on leading leg and pacing between hurdles. 	<ol style="list-style-type: none"> 1. I can use recognised arm and leg actions, lying on my front and my back. 2. I can use a range of recognised stroke and personal survival skills [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving. 3. I can pace myself in floating and swimming challenges related to speed, distance and personal survival. 	<ol style="list-style-type: none"> 1. I can explain what good safe technique is when executing movements. 2. I can choose safe and effective movements to warm up my own body. 3. I can recognise a change in heart rate, temperature and breathing rate. 4. I can explain why exercise is good for health. 	<ol style="list-style-type: none"> 1. I can accept healthy competition against a peer and be a good sportsman.
Year 5	<p>Consolidate Y4 but adding in...</p> <ol style="list-style-type: none"> 1. I can work successfully with a 	<p>Consolidate Y4 but adding in...</p> <ol style="list-style-type: none"> 1. I can improvise confidently and create 	<p>Consolidate Y4 but adding in...</p> <ol style="list-style-type: none"> 1. I can work effectively with other 	<p>Consolidate Y4 but adding in...</p> <ol style="list-style-type: none"> 1. I can be more skilled when 	<p>Consolidate Y4 but adding in...</p>	<ol style="list-style-type: none"> 1. I can swim unaided for a sustained period of 	<ol style="list-style-type: none"> 1. I can explain what changes are happening to 	<ol style="list-style-type: none"> 1. I can see my place within a team

	<p>partner performing a gymnastic sequence together including the success criteria.</p> <p>2. I can demonstrate the basic movements of gymnastics with precision, extension and control.</p> <p>3. I transition between movements with fluency and a sense of performance.</p> <p>4. I can include mirroring and matching into my partner sequence with accuracy and control.</p> <p>5. I can challenge myself to add in additional gymnastic skills such as handstands, cartwheels and rolls.</p> <p>6. I understand that you can do specific exercises to improve the various components of fitness necessary to improve in gymnastics (flexibility, strength for extension, control and balance).</p>	<p>appropriate movements in relation to the stimulus using a variety of actions, space and dynamics (motifs) and I link those movements together fluently.</p> <p>2. I start to use choreographic devices in my dance like canon, unison, motif development.</p> <p>3. I am beginning to use more expression and dance the movements confidently projecting the energy appropriately.</p> <p>4. I show good technique in terms of my strength, flexibility, extension and coordination.</p> <p>5. I can perform confidently and expressively using a range of performance skills in the Brewery Dance Platform.</p>	<p>team players in attack and defence.</p> <p>2. I can play a variety of roles.</p> <p>3. I can explain what a good sportsman and good teamwork is.</p>	<p>participating in the OAA in an unfamiliar context (residential).</p> <p>2. I can find solutions to problems and challenges and can confidently offer suggestions to team mates.</p> <p>3. I can plan, implement and refine strategies reflecting throughout.</p> <p>4. I can adapt the strategies as necessary; work increasingly well in a group or in a team where roles and responsibilities are understood.</p> <p>5. I can identify what I do well, as an individual and as a group and suggest ways to improve.</p>	<p>1. I can offer feedback to a partner during attempting to improve in athletic performance.</p> <p>2. I can improve on my own personal best by tracking my performance over 6 weeks.</p> <p>3. I understand that you need good technique for the various events in sports day and how to go about making progress in these events.</p> <p>4. I can explain good strategies when competing in running events.</p>	<p>time over a distance of at least 25 metres.</p> <p>2. I can use three different strokes, swimming on my front and back with controlled breathing.</p> <p>3. I can swim confidently and fluently on the surface and under water.</p> <p>4. I can enter the water safely with the straddle jump to ensure that I keep an eye on a casualty.</p> <p>4. I can recognise how swimming affects my body, and therefore I can pace my efforts to meet different challenges.</p>	<p>specific parts of the body and say why they happen.</p> <p>2. With a partner, together we can warm up each other selecting safe and effective movements.</p>	<p>and share roles and responsibilities playing to people's strengths.</p> <p>2. I know that I can influence my own health and fitness.</p>
Year 6	<p>1. I can demonstrate good gymnastic technique and link ideas and skills with control, extension, precision and fluency when performing basic skills.</p> <p>2. I understand good composition of sequences and can perform with confidence.</p> <p>3. I can work with a partner on contact work and counterbalances.</p> <p>4. I can explain good technique for safe and effective execution of movements.</p> <p>5. I can explain that it is important to improve strength, control and extension in the body to see an improvement in gymnastics.</p>	<p>1. I can improvise confidently and create appropriate movements in relation to the stimulus.</p> <p>2. I can select appropriate movements (action, space and dynamics) to make my own motifs and develop motifs and link those movements together fluently.</p> <p>3. I use choreographic devices in my dance like canon, unison, motif development.</p> <p>4. I can demonstrate strong technique (with flexibility, extension, strength and coordination) and link movement together with control and precision.</p> <p>5. I refine my work after evaluating my own and listening to peer and teacher feedback.</p> <p>6. I use more expression and dance the movements confidently projecting the energy appropriately.</p> <p>7. I can work successfully on my own, with a partner or in a small group.</p> <p>8. I use more complex dance vocabulary to compare and improve work.</p> <p>9. I can perform confidently and expressively using a range of performance skills in the Brewery Dance Platform.</p> <p>10. I can demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</p>	<p>1. I can control and catch a ball and accurately pass whilst moving.</p> <p>2. I can take part in a game with an understanding of tactics and rules and can explain these.</p> <p>3. I can play in attack and defence successfully but I can start to see my strengths.</p> <p>4. I can demonstrate and explain good examples of good sportsmanship moments.</p> <p>5. I can set up my own skills practise specific to the game I am playing.</p> <p>6. I can explain rules and tactics to others in my team.</p>	<p>1. I can lead others in finding solutions to problems and challenges in OAA and can confidently offer suggestions to team mates.</p> <p>2. I can plan, implement and refine strategies reflecting throughout.</p> <p>4. I can adapt the strategies as necessary; work increasingly well in a group or in a team where roles and responsibilities are understood.</p> <p>5. I can identify what I do well, as an individual and as a group and suggest ways to improve.</p> <p>6. I can be a good role model to the younger children by having a positive mental attitude, showing resilience and compassion and putting others first. I can control my feelings of disappointment. I can have a growth mindset and I can project positivity into the group when they are feeling overwhelmed or despondent.</p>	<p>1. I can improve and sustain running technique at different speeds in Athletics.</p> <p>2. I can demonstrate accuracy and technique in a range of throwing actions.</p> <p>3. I can demonstrate accuracy and technique in a range of jumping actions.</p> <p>4. I can look back at my performance from Y5 and set new targets.</p> <p>5. I can improve on my own personal best by tracking my performance over 6 weeks.</p> <p>6. I can identify and explain good athletic technique for running, jumping and throwing.</p>		<p>1. I can demonstrate specific aspects of warm up and describe and explain the effects of exercise on the body.</p> <p>2. I can lead a safe and effective warm up to peers.</p> <p>3. I can work with a partner and perform contact work safely and effectively.</p> <p>4. I understand and explain there are short and long term effects of exercise and how it is affected by sleep and diet too.</p>	<p>1. I can see my place within the team and lead others if necessary if they need it.</p> <p>2. I can motivate myself in lessons to work to my potential and increase my fitness and my skills.</p>