

## Key Skills Assessment Criteria

Subject: P.E.KS1



|               | Games  | Dance  | Gymnastics  | Swimming |
|---------------|--|--|---|----------|
| <b>Year 1</b> | <p>Throw and catch a ball with a partner</p> <p>Move fluently by changing direction and speed easily and avoiding collisions</p> <p>Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking</p> <p>Choose and use skills effectively for particular games, understand the concepts of aiming, hitting into space</p> <p>Take the ball to a good position for aiming, use skills in different ways in different games</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> | <p>Explore movements, including gesture, travel and stillness</p> <p>Use movement to reflect the mood of the music</p> <p>Perform phrases creating simple movement patterns</p> <p>Recognise how their body feels after exercise</p> <p>Explore the expressive qualities of dance, performing their own routines</p>   | <p>Explore gymnastic movements- travelling, balancing exploring levels and stillness</p> <p>Use simple apparatus safely and with confidence</p> <p>Know how to carry and place equipment</p> <p>Watch, copy and describe what others have done</p> <p>Perform movement phrases using a range of body parts and actions</p>                    |          |
| <b>Year 2</b> | <p>Pass a ball accurately to a partner over a variety of distances</p> <p>Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control</p> <p>Show a good awareness of others in running, chasing and avoiding games</p> <p>Make simple decisions about when and where to run</p> <p>Vary skills and show some understanding of simple tactics</p> <p>Choose and use tactics to suit different situations</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>                         | <p>Explore, remember and repeat dance actions including gesture, travelling and stillness</p> <p>Compose and perform dance using short phrases</p> <p>Describe how different dance movements make them feel</p> <p>Watch and describe dance phrases and dances, and use what they learn to improve their own performance</p> <p>Use movements to reflect the mood of the music</p> | <p>Remember, repeat and link gymnastics and still movements</p> <p>Use simple apparatus safely and with confidence</p> <p>Know how to carry, lift and place equipment</p> <p>Watch, copy and describe what other have done, with increasing detail</p> <p>Improve their work using information they have gained by watching and listening</p> |          |

**Key Skills Assessment Criteria**

Subject: P.E. KS2

|               | <b>Games</b>   | <b>Dance</b>  | <b>Gymnastics</b>   | <b>Athletics</b>   | <b>Swimming</b>   |
|---------------|--|---|---|--|---|
| <b>Year 3</b> | <p>Travel whilst bouncing a ball showing control</p> <p>Use a range of skills to help them keep possession and control of the ball</p> <p>Perform the basic skills needed for the games with control and consistency</p> <p>In pairs, make up a game and play a simple rallying game</p> <p>Use a range of skills to keep possession and make progress towards a goal, on their own and with others</p> <p>Choose good places to stand when receiving, and give reasons for their choice</p> <p>Choose and use batting or throwing skills to make the game hard for their opponents</p>  | <p>Improvise freely, on their own or with a partner</p> <p>Translate ideas into a dance</p> <p>Create and link phrases using a simple dance structure</p> <p>Perform dances with an awareness of rhythm on their own or in a group</p>  | <p>Improve the quality of their actions, body shapes and balance</p> <p>Select appropriate actions and consolidate simple ideas</p> <p>Know the importance of strength</p> <p>Evaluate their work and quality of their performance</p> <p>Recognise how their work can be improved</p>                                    | <p>Develop skills from the 3 main aspects of athletics – running, jumping and throwing</p> <p>Link running and jumping movements</p> <p>Can move safely and appropriately around, between and over apparatus</p> <p>Have worked with a variety of equipment including: balls, hoops, beanbags, quoits</p>  | <p>Consolidate and develop the quality of their skills e.g. front crawl, back crawl, breaststroke, floating, and survival skills</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Choose and use a variety of strokes and skills, according to the task and the challenge e.g. swimming without aids, distance and time challenges</p> <p>Perform self-rescue in different water-based situations</p> <p>Describe and evaluate the quality of swimming and recognise what needs improving</p> |
| <b>Year 4</b> | <p>Keep a game going using a range of different ways of throwing</p> <p>Strike a ball with intent and throw it more accurately when bowling and/or fielding</p> <p>Use a range of skills with increasing control</p> <p>Effectively play a competitive net / wall game</p> <p>Keep and use rules they are given</p> <p>Try to make things difficult for their opponent by directing the ball to space, at different speeds and height</p>  | <p>Explore and create characters and narratives</p> <p>Create motifs</p> <p>Describe the need to warm up</p> <p>Evaluate their own performance and comment on improvements</p>  | <p>Develop a range of actions, body shapes and include a performance</p> <p>Create gymnastic sequences that meet a theme or set of objectives</p> <p>Describe how their body reacts to different situations</p> <p>Make simple judgments on their own and others work</p> <p>Suggest ways performance can be improved</p> | <p>Develop skills from the 3 main aspects of athletics – running, jumping and throwing</p> <p>Show controlled movements and body actions in response to specific instructions</p> <p>Can demonstrate agility and speed</p> <p>Jump for height and distance with control and balance</p> <p>Throw with speed and power and apply appropriate force</p>  | <p>Consolidate and develop the quality of their skills e.g. front crawl, back crawl, breaststroke, floating, and survival skills</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Choose and use a variety of strokes and skills, according to the task and the challenge e.g. swimming without aids, distance and time challenges</p> <p>Perform self-rescue in different water-based situations</p> <p>Describe and evaluate the quality of swimming and recognise what needs improving</p> |
| <b>Year 5</b> | <p>Travel with a ball showing changes of speed and directions using either foot or hand</p> <p>Use a range of techniques when passing, eg high, low, bounced, fast, slow</p> <p>Hit the ball with purpose, varying speed, height and direction</p> <p>Hit the ball from both sides of the body</p> <p>Judge how far they can run to score points</p>   | <p>Explore ideas from different dance styles</p> <p>Compose dances expressively</p> <p>Organise their own warm up and cool down to suit activities</p> <p>Understand why it is important to warm up</p>                                 | <p>Perform actions in a fluent and consistent performance</p> <p>Create sequences and adapt</p> <p>Know and understand the basic principles of warming up and why it is important</p> <p>Understand why physical activity is good for overall health</p> <p>Evaluate and improve their own and other work</p>             | <p>Develop skills from the 3 main aspects of athletics – running, jumping and throwing</p> <p>Used running, jumping and throwing; investigated in small groups different ways of performing these activities</p> <p>Used a variety of equipment, ways of measuring and timing and compared the effectiveness of different styles of runs, jumps and throws.</p>  | <p>Consolidate and develop the quality of their skills e.g. front crawl, back crawl, breaststroke, floating, and survival skills</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Choose and use a variety of strokes and skills, according to the task and the challenge e.g. swimming without aids, distance and time challenges</p> <p>Perform self-rescue in different water-based situations</p> <p>Describe and evaluate the quality of swimming and recognise what needs improving</p> |
| <b>Year 6</b> | <p>Dribble effectively around obstacles</p> <p>Show precision and accuracy when sending and receiving</p> <p>Perform skills with accuracy, confidence and control</p> <p>Combine and perform skills with control, adapting them to meet the needs of the situation</p> <p>Play shots on both sides of the body and above their heads in practises and when the opportunity arises in a game use different ways of bowling</p> <p>Play competitive games ( modified where appropriate ) showing tactical awareness of attacking and defending and some knowledge of rules and scoring</p> <p>Respond consistently in the games they play, choosing and using skills which meet the needs of the situation and learn how to evaluate and recognise their own success</p> | <p>Explore, improvise and combine movements</p> <p>Create structure in sections of dance using a range of movement patterns</p> <p>Understand why dance is good for fitness</p> <p>Comment on their own work and the work of others</p> | <p>Combine and perform gymnastic actions, shapes and balances fluently</p> <p>Develop their own sequences demonstrating control and balance</p> <p>Understand why warming up and cooling down is important</p> <p>Evaluate their own work and the work of others and suggest ways to improve</p>                          | <p>Develop skills from the 3 main aspects of athletics – running, jumping and throwing</p> <p>Develop flexibility, strength, technique, control and balance through athletics</p> <p>Can sustain pace over short and longer distances</p> <p>Able to run as part of a relay team working at their maximum speed</p> <p>Can perform a range of jumps and throws demonstrating increasing power and accuracy</p> <p>Are able to identify key strengths of a performer when running, jumping and throwing</p> | <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Athletics Y3 – Link running and jumping movements.</p> <p>Can move safely and appropriately around, between and over apparatus</p> <p>Worked with a variety of equipment including balls, hoops, beanbags and quoits</p>   |