

Langham Primary School PE Assessment

National Curriculum Aims:

- Develop competence to excel in a broad range of physical activities
- Physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy active lives

By the end of each Key Stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key Stage 1

Master Basic Movements	Team Games	Dance
<ul style="list-style-type: none"> • Running • Jumping • Throwing and catching • Develop balance, agility and coordination. • Apply these movements in a range of activities. 	<ul style="list-style-type: none"> • Participate in team games • Develop simple tactics for attacking and defending 	<ul style="list-style-type: none"> • Perform dances • Use simple movement patterns within a dance

Key Stage 1 PE Skills

Games									
Can listen and respond to instructions.	Can move safely and with control in a large area.	Can throw and catch as an individual.	Can bounce a ball and catch it.	Can throw and bounce a ball accurately to a partner.	Can catch a ball from a partner.	Can bounce a ball continuously.	Can control and dribble a ball.	Can perform a controlled hit with a bat and a ball.	Can use games skills to take part in a game.
Gymnastics									
Can use space well and is aware of others within the space.	Can balance on large or small parts of the body.	Can travel safely in different directions.	Can travel along specific pathways.	Can demonstrate difference in levels, shapes and speeds.	Can work safely on the apparatus.	Can land safely when jumping.	Can take weight confidently on hands.	Can choose appropriate movements or skills they have learned and link them.	Can work cooperatively with a partner to perform skills.
Dance									
Can use space well and is aware of others within the space.	Can respond to stimuli.	Can change and vary the size and shape of actions.	Can perform basic dance actions with some understanding of mood and feeling.	Can change and vary the direction, pathway and levels of activities.	Can copy and perform simple movements/ rhythmic patterns.	Can explore a range of movements suitable to the idea.	Can choose appropriate movements to create short, simple dances.	Can work with partner to show skills learnt and perform simple dances.	Can comment constructively on their performance and that of others.

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Lower Key Stage 2

Movements	Team Games	Dance	Competition
<ul style="list-style-type: none"> • Running • Jumping • Throwing and catching • Apply these movements in isolation and in combination. • Develop flexibility, strength, technique, control and balance. [E.g. gymnastics and athletics] 	<ul style="list-style-type: none"> • Participate in competitive games, modified where appropriate. [E.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis] • Apply basic principles for attacking and defending. • Take part in outdoor and adventurous activity individually and in a team. 	<ul style="list-style-type: none"> • Perform dances • Use a range of movement patterns within a dance 	<ul style="list-style-type: none"> • Compare their performances with previous ones. • Demonstrate improvement to achieve personal bests.

Swimming

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively. [E.g. front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water based situations.

Lower Key Stage 2 PE Skills (building on KS1 skills)

Games

Can use KS1 games skills to take part in a game.	Can throw accurately.	Can throw accurately to a moving target.	Can catch a pass from a partner on the move.	Can pass and receive the ball accurately with feet.	Can field a rolling ball.	Can hit a ball with a range of different bats/racquets.	Can make a controlled stop, change directions, mark and opponent and can pivot in a game situation.	Can accept advice and use it to improve the quality of teamwork.	Knows how to warm up and cool down and the reason for doing them.
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Gymnastics

Can confidently take weight on hands.	Can perform basic jumps to land safely.	Can adapt and transfer skills from floor to apparatus.	Can use space and apparatus safely in pairs and small groups.	Shows awareness of changes in speed, level, direction and pathways.	Can create an imaginative sequence of movements.	Works cooperatively and creatively with a partner.	Can show fluency and control when performing a sequence of moves.	Can observe and describe the movements of others.	Accepts advice and uses it to improve the quality of their work.
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Dance

Can respond to a range of stimuli.	Shows clear body shapes.	Can perform basic dance actions with greater control and fluency.	Can link movements together in a logical sequence.	Can choose movements which reflect the dance idea.	Can work cooperatively to create a performance.	Can perform a dance with expression, rhythm and to the music.	Can use simple constructional devices such as unison, canon and repetition.	Uses appropriate language to describe, evaluate and improve.	Refines movements to improve the performance.
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Upper Key Stage 2

Movements	Team Games	Dance	Competition
<ul style="list-style-type: none"> • Running • Jumping • Throwing and catching • Apply these movements in isolation and in combination. • Develop flexibility, strength, technique, control and balance. [E.g. gymnastics and athletics] 	<ul style="list-style-type: none"> • Participate in competitive games, modified where appropriate. [E.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis] • Apply basic principles for attacking and defending. • Take part in outdoor and adventurous activity individually and in a team. 	<ul style="list-style-type: none"> • Perform dances • Use a range of movement patterns within a dance 	<ul style="list-style-type: none"> • Compare their performances with previous ones. • Demonstrate improvement to achieve personal bests.

Swimming

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
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Upper Key Stage 2 PE Skills

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