**Plumbland CE School, P.E. assessment**

**Year 1**

By the end of Year 1 children will be able to demonstrate a knowledge and understanding of:

**Travel and movement**

* I can change direction, speed, strength and flow of movements.
* I can choose actions and link them to a stimuli (eg poem, music etc.)
* I can remember and use simple dance steps with good control.
* I can perform and link rocking and simple rolling actions with control.
* I can move from low object perform 3 basic jumps landing with control.

**Balance and shape**

* I can hold front and back support positions with good tensions.
* I can use my body as a bridge on the floor and floor to low apparatus.
* I can keep balance travelling along a bench, and/or on a bike, scooter.
* I can balance, drop and collect a ball on a racket and travel with it.

**Object control/ Games/ Athletics**

* I can throw underarm, bounce and catch a ball by myself and with a partner.
* I can kick and stop a ball using both feet while static and when moving.
* I can run straight, on a curve and sidestep with correct technique.
* I can show different ways of hitting, throwing and striking the ball.
* I can intercept and retrieve a moving ball.

Children in Year 1 will take part in the cluster schools multi skills festival.

**Year 2**

By the end of Year 2 children will be able to demonstrate a knowledge and understanding of:

**Travel and Movement**

* I can say how ideas, moods and feelings reflect different stimuli.
* I can choose and perform actions that reflect an idea, mood or feeling.
* I can vary the dynamics, levels, speed and direction of a phase of movement.
* I can link movements/ skills with good control and co-ordination.
* I can change speed and direction to stay with or without a partner.

**Balance and Shape**

* I can take weight on hands (eg bunny kick towards inversion).
* I can be still on 1 or 2 points of contact on the floor/ apparatus.
* I can link known shapes, travel, roll and jump to balance using the floor.
* I can link known actions from above on floor/ large apparatus.

**Object control/ Games/ Athletics**

* I can perform dribbling skills with hands and feet using space well.
* I can pass the ball accurately (hands and feet) over longer distances.
* I can send the ball off a tee using a bat or racket to where I want it to go.
* I can combine stopping, pick up, collect and send the ball accurately.
* I can make simple decisions about when and where to move in a game.

Children in Year 2 will take part in the cluster schools multi skills festival.

**Year 3**

By the end of Year 3 children will be able to demonstrate a knowledge and understanding of:

**Dance**

* I can perform paired/ group dance.
* I can include contrasting dynamics and qualities into group motif/ phase.
* I can improvise freely translating ideas from stimuli to movement.

**Gymnastics**

* I can combine arm actions with skips, leaps, steps, jumps and spins in travel.
* I can travel while using various hand apparatus, (ribbon, hoop, rope, ball)
* I can create a short movement phase using one item of hand apparatus.

**Games**

* I can perform ball handling skills well, with awareness of space and others.
* I can use batting and fielding techniques with control and consistency.
* I can play a game successfully, applying some tactics to outwit opponents.
* I can keep control, possession and make good decisions on what to do.

**Athletics and Outdoor and Adventurous Activities**

* I can run at fast, medium and slow speeds appropriate for the distance covered.
* I can jump from a standing position, link jump to running and other travel.
* I can follow instructions and simple trails.
* I can use simple shape maps to find a route and solve simple problems.

**Swimming**

* I can achieve leg and arm actions for one stroke and start to combine.
* I can float without the use of aids.
* I can swim 10+ metres, one basic method without aids.

Children in Year 3 will take part in the U Dance festival, football tournament, orienteering festival, junior triathlon and gymnastics festival.

**Year 4**

By the end of Year 4 children will be able to demonstrate a knowledge and understanding of:

**Dance**

* I can respond imaginatively to stimuli related to character, music or a story.
* I can perform clear and fluent dances that show sensitivity to ideas and stimuli.
* I can use simple motifs/ patterns to structure phases with a partner/ group.

**Gymnastics**

* I know principles of balance and apply them on the floor and apparatus.
* I can perform at least 3 different rolls with good control.
* I can link a roll with travel and balance using the floor and apparatus.

**Games**

* I can apply dribbling and passing skills in small sided competitive games.
* I can move and stop a ball or object reaching a target in varying situations.
* I can send a ball by an overarm bowl or throw and by using a racket.
* I can keep up throwing and catching games and apply tactics according to needs.

**Athletics and Outdoor and Adventurous Activities**

* I can run over low barriers at speed with control and coordination.
* I can throw overarm/ push/ sling ball/ implement consistently and accurately.
* I can read and follow a simple map and diagrams to orientate myself.
* I can assess risk and plan and test possible solutions to problems.

**Swimming**

I can achieve leg and arm actions for two strokes and can start to combine.

I can use sculling action to stay afloat.

I can swim 10+ metres front and back without aids and using the correct style.

Children in Year 4 will take part in the U Dance festival, football tournament, orienteering festival, junior triathlon and gymnastics festival.

**Year 5**

By the end of Year 5 children will be able to demonstrate a knowledge and understanding of:

**Dance**

* I can show fluency and control in chosen dynamics in response to stimuli.
* I can perform fluent dances with characteristics of different styles/ eras.
* I can adopt and refine (in pairs/ groups) motifs that vary weight, space and rhythm.

**Gymnastics**

* I can use ‘press and go’ and rebound actions in sequence on floor/ apparatus.
* I can create mirror/ matching/ canon (pair) sequence with varying dynamics.
* I can select and link more complex skills to create a fluent sequence.

**Games**

* I can handle the ball and pass and shoot with control and consistency (individual).
* I can apply attacking and defending strategies as part of a mini game (team).
* I can use a bat/racket or part of my body to hit a ball into space.
* I can play different positional roles in games, knowing what to do to improve.

**Athletics and Outdoor and Adventurous Activities**

* I can work with a partner to complete run, jump and throwing events and measure the outcome.
* I can show good running style at different speeds in various events. I can walk along a compass direction and identify some map symbols.
* I can find easier control points and know and follow main compass directions.

**Swimming**

* I can swim 25+ metres unaided and competently using one stroke.
* I can submerge and pick up objects off the bottom of the pool and tread water for 30 seconds.
* I can swim 10+ metres using two strokes and jump into deep water.

Children in Year 5 will take part in the West Cumbria Orienteering League, netball tournament, gymnastics festival, junior triathlon and football tournament.

**Year 6**

By the end of Year 6 children will be able to demonstrate a knowledge and understanding of:

**Dance**

* I can create and perform motifs in a variety of styles consistently.
* I am aware of and can use musical structures (rhythm, mood and phasing).
* I can use appropriate criteria and terminology to evaluate performance.

**Gymnastics**

* I can perform a 6-8 part floor sequence as individuals, pairs or in small groups.
* I can transfer sequence developed above onto suitably arranged apparatus and floor.
* I can perform sequence combining action skills with rope, ball or ribbon.

**Games**

* I can perform and apply skills in additional invasion games (eg. Tag rugby and hockey)
* I can choose and use combinations of skills confidently in several games.
* I know how to play different positional roles in relation to mini games.

**Athletics and Outdoor and Adventurous Activities**

* I can choose and sustain pace suited to distance (eg sprint 7 seconds or run for 5 minutes)
* I can understand principles of a relay take over and can use this in competition.
* I can follow maps and set bearing accurately, identifying map symbols.

**Swimming**

* I can swim 25+ metres using three different strokes.
* I can swim competently, confidently and effectively at least 25 metres.
* I can perform a safe self-rescue in different water based situations.

Children in Year 6 will take part in the West Cumbria Orienteering League, netball tournament, gymnastics festival, junior triathlon and football tournament.