



P.E.

Assessment



Two Rivers P.E. Assessment Overview

Level	Curriculum Assessment Statements
4	<ol style="list-style-type: none">1. I can respond appropriately to simple commands.2. I can follow a leader with support.3. I can recognise equipment frequently used in activities.4. I can show some basic awareness of cause and effect.5. I can demonstrate single actions (such as pushing / receiving a ball).6. I can select the correct equipment for a game.7. I can respond to praise by repeating an action.8. I can splash water using different parts of my body.9. I can take turns with support10. I can get changed for PE with support.
5	<ol style="list-style-type: none">1. I can perform two separate actions (such as crawl / walk / roll).2. I can follow simple instructions (such as start/stop when the music starts/stops).3. I can stop a ball when it is rolled towards me.4. I can perform a variety of movements.5. I can demonstrate an understanding of some basic concepts (such as understanding which is the big/small ball or moving forward/backwards).6. I can be patient and wait for my turn.7. I can explore movement in water.8. I can take turns with a partner or in a group.9. I can collect familiar pieces of equipment.10. I can demonstrate some awareness of space and move safely within this space.
6	<ol style="list-style-type: none">1. I can work appropriately with another person or in a group.2. I can move in a variety of ways and different directions (such as move up/down, move in a straight line, jump).3. I can move around the swimming pool.



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	<ol style="list-style-type: none">4. I can link movements in simple sequences.5. I can throw a ball in any direction.6. I can show some control when using equipment7. I can use some large apparatus safely and with control.8. I can stay on task.9. I can kick a ball in any direction.
7	<ol style="list-style-type: none">1. I can perform movement patterns.2. I can demonstrate various control skills (such as sending a ball with clear direction and purpose).3. I am aware of changes to my body from exercise.4. I can demonstrate various coordination skills.5. I can start and stop under command, with some accuracy.6. I can work cooperatively with two other people and share equipment with others.7. I can describe how I feel after participating in different activities.8. I can experiment with moving in different ways.9. I can move across the swimming pool using a float.10. I can collect correct equipment for task with instruction.
8	<ol style="list-style-type: none">1. I can move with some control and coordination.2. I can imitate simple movements.3. I am aware of others and the space around me.4. I can participate in command based games.5. I can describe changes to my body after exercise.6. I can perform various actions with control and coordination.7. I can imitate a sequence of movements.8. I can participate in simple team games with support.9. I can understand that games have rules and attempt to play to these rules.10. I can watch others move and discuss their movements.



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9	<ol style="list-style-type: none">1. I can repeat simple skills and actions with basic control and coordination.2. I can link two short movement phases in gymnastics or dance.3. I can describe and comment on my own and others' actions with some support.4. I can talk about how to exercise safely.5. I can take part in a team game.6. I can keep score with support.7. I can talk about the safety rules and routines that keep me safe in the water.8. I can float in a star position on my back.9. I can choose a variety of ways to hit, kick or throw an object.10. I can name some parts of the body (internal or external).
10	<ol style="list-style-type: none">1. I can repeat and explore simple skills and actions with basic control and coordination.2. I can link two short movement phases in gymnastics or dance with basic control and coordination .3. I can describe and comment on my own and others' actions.4. I can demonstrate how to exercise safely.5. I can take part in a team game and play to the rules of the game.6. I can keep score.7. I can demonstrate how to be safe in the water.8. I can push and glide in the swimming pool.9. I can choose a variety of ways to hit, kick or throw an object that is relevant to the activity.10. I can name the main external or internal parts of the body.
11	<ol style="list-style-type: none">1. I can remember simple actions with control and coordination.2. I can vary skills and link these in ways that suit the activities I am doing.3. I can vary ideas and link these in ways that suit the activities I am doing.



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	<ol style="list-style-type: none">4. I can talk about differences between my own and others' performances and suggest improvements.5. I know what my personal best is in an activity.6. I can attempt different strokes.7. I can follow a warm up and cool down.8. I can attempt to solve problems.
12	<ol style="list-style-type: none">1. I can discuss the effects of exercise on my heart.2. I can understand and describe how my body feels during different activities.3. I can take part in a variety of team games.4. I can play to the rules of the game in more than one activity or game.5. I know how to keep score in more than one activity or game.6. I can swim a width of the pool with or without support from an adult or float.7. I can describe what I did to solve a problem.8. I know I need to warm up and cool down.
13	<ol style="list-style-type: none">1. I can select and use skills appropriately, applying them with coordination and control.2. I can select actions appropriately, applying them with coordination and control.3. I can show that I understand tactics by starting to vary how I respond.4. I can describe a performance accurately.5. I can give reasons why warming up before an activity is important.6. I can carry out a simple warm-up and stretching.7. I can give reasons why physical activity is good for my health.8. I can take part in a competitive situation in a number of different activities.9. I can swim a width of the pool with or without support from an adult or float.10. I can explain the difference between two performances.



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14	<ol style="list-style-type: none">1. I can link skills and techniques, applying them accurately and appropriately to the activity I am doing.2. My performance shows precision, control and fluency.3. My performance shows that I understand tactics and composition.4. I can compare and comment on skills and techniques and the ways they are applied in my own work.5. I can describe what effects exercise has on my body and how it is valuable to my fitness and health.6. I can set myself a realistic target to improve my performance.7. I can swim 25 metres.8. I can position my body or chair correctly when using a bat or racket.9. I can hit a ball in an intended direction and keep a rally going.10. I can warm up my body for an activity independently.
15	<ol style="list-style-type: none">1. When performing, I can draw on what I know about strategy, tactics and composition.2. I can play a ball making it difficult for my opponent.3. I can combine actions in sequence that involves changes in speed, level, direction and clarity of shape.4. I can analyse and comment on skills and techniques and how these are applied in my own and others' work.5. I can offer constructive ideas when working with a partner.6. I can identify the reason why I won or lost.7. I can swim 25 metres using 3 different strokes.8. I can plan a practise to help a small group improve their skills.9. I can plan a warm up activity for a small group.10. I understand about different types of health and fitness
16	<ol style="list-style-type: none">1. I can select appropriate tactics for the correct situation.2. I can select and combine advanced techniques.3. I can select and convey ideas to team players.4. I can explain how to prepare for and recover from activities.5. I know about my own strengths and weaknesses and can convey these.



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	<ol style="list-style-type: none">6. I understand about different types of health and fitness.7. I can operate safely with minimal supervision.8. I can lead groups of other students safely.9. I understand rules and can convey these to others.10. I can describe what my body is feeling with good use of terminology.
17	<ol style="list-style-type: none">1. I can select and combine advanced skills, techniques and ideas adapting them accurately and appropriately.2. I can consistently show precision, fluency and control in my movements.3. I apply advanced strategies that are successful.4. I can get others to follow my advanced strategies.5. I can plan my own appropriate exercise and activity programmes.6. I can take on different sporting roles within an activity.7. I can organise others within a sporting activity.8. I can apply rules firmly and fairly, with consistency.9. I can follow fair codes of conduct and inspire others to follow suit.10. I can explain the benefits of regular planned activity on health and fitness
18	<ol style="list-style-type: none">1. I can consistently demonstrate advanced high level skills, techniques and ideas with control, fluency and flare.2. I can adapt rapidly to changing situations, drawing on advanced strategies/tactics successfully.3. I am able to break skills down into key components and help others improve their own techniques.4. Skills are technically sound.5. I demonstrate that I am organized and plan activities well when leading other people.6. I am able to keep other people safe through my leadership.7. I use higher level PE and scientific terminology when assessing my own and others' performances.8. I have extensive knowledge of a range of sports and activities rules. I am able to consistently and fairly deploy these when undertaking the role of an official.9. I understand the contribution physical activity makes to wider life skills and can give examples to others. 10. I can reach sound judgements independently11. I can reach sound judgements independently