



PE Assessment Statements



Year Group	By the end of each year, children at the Expected standard should:	At Greater Depth within the Expected standard they should:
YR	<ul style="list-style-type: none">- Understands why physical activity is good for our heart, body and mind.- Responds to music through movement.- Moves around safely in a space.- Changes speed of actions to the music.- Can put together two or three moves to perform a dance sequence.- Rolls, travels and jumps in different way e.g. teddy bear roll, two-footed jump, hop.- Balances with control, going under, over, through objects and equipment.- Uses hands and feet to send a ball and receive a ball.- Can drop and catch a ball with two hands.- Shows they can keep the ball close to control it better.- Plays different roles in games e.g. chasing/escaping (attacking/defending).- Follows game rules.- Tracks and retrieves a ball, hold bat correctly, aim to hit the target by tracking ball.- Sends an object using hand or bat.- Throws underarm using one hand, catch using two.- Runs, skips, hops, jumps.	<ul style="list-style-type: none">- Shows grace and skill in dance.- Can perform a forward roll or cartwheel.- Sprints at high speed.- Follows game rules well; plays team sports/individual sports outside school.- Aims to win/score points.- Good co-ordination when catching and throwing.
Y1	<ul style="list-style-type: none">- Understands why physical activity is good for our heart, body and mind.- Copies and repeats dance sequences with some imagination.- Changes rhythm, speed, direction.- Performs a gymnastic sequence of two or three movements.- Performs contrasting actions such as narrow to wide.- Holds simple balances and carry out simple stretches.- Jumps over, through, under equipment with some care and control.- Performs jumps, rolls, hops, on the floor and on vaulting equipment.- Performs actions such as handstands and cartwheels.- Travels and links actions.- Sends and receives with hands and feet.- Dribbles with hands and feet (football and basket ball).- Shows some understanding of space and finding it in a game.- Knows there are different roles in invasion games and to attack and defend.- Hits a ball with different bats e.g. tennis, cricket, rounders.- Throws rather than runs with the ball (quicker).- Catches using both hands (pull to chest), throws underarm with some accuracy.	<ul style="list-style-type: none">- Shows grace and skill in dance.- Can perform a forward roll or cartwheel.- Sprints at high speed.- Follows game rules well; plays team sports/individual sports outside school.- Aims to win/score points.- Good co-ordination when catching and throwing.- Good balance for 1 and 2 point balances.- Accurately catches the ball.- Accurately throws the ball.- Dribbles with control.

	<ul style="list-style-type: none"> - Runs, jumps, skips, hops with energy. 	
Y2	<ul style="list-style-type: none"> - Understands that physical activity is good for the heart, body and mind and that it keeps us healthy. - Copies and repeats a dance sequence with consistency, imagination and reflecting musical mood. - Changes rhythm, speed and direction with consistency. - Travels in different ways, hold shapes with good balance, jump in different ways, climb and dismount from equipment safely. - Performs a range of jumps and rolls with care and control. - Performs jumps, rolls, hops on the floor and on and off vaulting equipment. - Travels and links actions consistently. - Send and receive balls with increasing control. - Dribbles with hands and feet with increasing control on the move. - Uses attacking and defending skills such as keeping head up, finding space, changing speed. - Plays according to the rules of the game. - Strikes a ball with greater consistency, experimenting with speed and accuracy. - Tracks and retrieves a ball with greater control. - Throws underarm and catch with two hands, using wide fingers and pulling to chest. - Uses some tactics for batting and fielding. - Runs, jumps, skips and hops, improving technique to run faster, further or jump further. 	<ul style="list-style-type: none"> - Shows grace and skill in dance, linking movements fluidly. - Can perform a forward roll, crab arch or cartwheel. - Sprints at high speed. - Follows game rules well; plays team sports/individual sports outside school. - Aims to win. - Good co-ordination when catching and throwing. - Good balance for 1 and 2 point balances. - Accurately catches the ball. - Accurately throws the ball. - Dribbles with control. - Shows some knowledge of attacking and defending in a game without prompts. - Plays fairly and shows good sportsmanship.
Y3	<ul style="list-style-type: none"> - Describes the effects of exercise on the heart, mind and body. - Knows why we warm up and cool down. - Improvises dance sequences, adapt movements/motifs and creates larger dance sequences, both independently and with a partner. - Changes speed, direction and develop the quality of actions, shapes and balances. - Performs balances jumps and rolls using the floor and vaulting equipment with control and care. - Creates interesting body balances and shows flexibility of movement. - Performs handstands and cartwheels. - Links movements and link actions smoothly. - Throws and catches in a game showing control and care, high, low, fast and slow. - Performs an overarm bowl as well as underarm throws. - Dribbles, passes and receives a ball with hands and feet using space. - Marks another player and defends by intercepting and tackling. - Performs fielding skills by stopping a ball from going past them. - Follows the rules of a game and play fairly, returning ball to the bowler. - Strikes a ball with different bats e.g. cricket, rounders, tennis, badminton. - Throws a ball overarm or underarm instead of running with it; bowls overarm. - Catches using two hands, wide fingers, bringing ball to chest. 	<ul style="list-style-type: none"> - Shows grace, elegance and energy when performing physical activity. - Can perform a range of gymnastic moves well. - Sprints at high speeds or runs with stamina. - Plays a team or individual sport outside of school. - Follows game rules well and plays as part of a team. - Good co-ordination when throwing and catching. - Throws overarm accurately. - Good balances (1-2-3). - Dribbles with control and looking up for space/team-mates. - Can play in an attack position or a defence position e.g. marks opponent for defence, finds space for attack. - Fields effectively, knowing to stop the ball. - Plays different shots to score points. - Improves techniques for throwing, running or jumping.

	<ul style="list-style-type: none"> - Runs, jumps, hurdles, skips, hops, improving technique to run faster, further or jump further. - Performs a push throw (shotput) as well as other throws. 	
Y4	<ul style="list-style-type: none"> - Describes how exercise affects our bodies and is a vital part of a healthy lifestyle. - Explains reasons for warming up and cooling down - Composes a dance routine with a series of movements in a sequence. - Improvises dance movements, moving with expression and clarity. - Jumps, rolls, balances, travels, vaults in a range of ways showing control, strength, technique. - Performs handstands, cartwheels, round-offs with greater control. - Travels imaginatively, linking a series of balances, jumps or rolls. - Performs standing, kneeling, large and small balances and different straddle shapes. - Throws high, low, fast, slow, underarm, overarm and catch with increasing control - Bowls overarm safely and effectively. - Dribbles a ball more effectively around obstacles and opponents. - Uses fielding skills to defend and stop the ball. - Uses attacking skills to find space and avoid defenders. - Follows rules of the game and play fairly. Know to return the ball to the bowler to stop the game. - Uses a range of tactics and adapts rules to vary the game. - Uses a bat, racket or stick to hit a ball or shuttlecock. - Serves the ball or shuttlecock to start a game. - Builds a rally with a partner, placing the ball or shuttlecock to ensure continuity. - Sprints, runs, jumps (long and triple), hops, hurdles, skips, speeding up and slowing down (to pass a baton). - Performs different types of throws e.g. push throw (shotput), pull throw (discus and javelin). 	<ul style="list-style-type: none"> - Shows grace, elegance and energy when performing physical activity. - Actions match the music and show rhythm. - Can perform a range of gymnastic moves well. - Sprints at high speeds or runs with stamina. - Plays a team or individual sport outside of school. - Follows game rules well and plays as part of a team. - Good co-ordination when throwing and catching. - Throws overarm accurately and naturally. - Good balances (1-2-3) with control. - Dribbles with control and looking up for space/team-mates. - Can play in an attack position or a defence position adapting tactics e.g. marks opponent for defence, finds space for attack. - Fields effectively; bats with technique and tactics. - Plays different shots to score points. - Improves techniques for throwing, running or jumping.
Y5	<ul style="list-style-type: none"> - Describes the effect exercise has on the heart, body and mind. - Explains reasons for warming up and cooling down. - Compose a dance routine with a range of dance moves in sequence. - Improvises dance movements, moving with expression and clarity, reflecting the music and changing pace. - Composes a sequence of gymnastic moves including balances, rolls, jumps, vaults and cartwheels or handstands, round-offs using strength and flexibility. - Travels between jumps, rolls and vaults using leaps and turns or pivots. - Throws underarm and overarm in different ball games with increasing accuracy. - Catches using two hands with wide fingers or one hand pulling to chest. - Dribbles with increasing accuracy, passing with different parts of the foot, keeping the ball under control using different parts of the body. - Uses space effectively to attack; defend by marking opponents. 	<ul style="list-style-type: none"> - Shows grace, elegance and energy when performing physical activity. - Can perform a range of gymnastic moves with control and strength. - Sprints at high speeds or runs with stamina. - Plays a team or individual sport outside of school regularly. - Follows game rules well and plays as part of a team. - Good co-ordination when throwing and catching. - Throws overarm accurately and naturally. - Bowls with accuracy. - Good balances (1-2-3-4). - Dribbles with control and looking up for space/team-mates.

	<ul style="list-style-type: none"> - Plays fairly abiding by the rules; adapt rules to change the game. - Plays as a team, applying tactics to prevent the opponents from scoring. - Tackles and intercept to win back possession. - Uses different techniques to hit a ball, using different bats (rackets, rounders bat, cricket bat). - Develops a forehand and a backhand (badminton and tennis). - Plays a range of shots e.g. lob, underarm, overarm smash, serve. - Sprints, runs, jumps (triple, long, high) hurdles, hops, skips, speeds up, slows down, sprint starts. - Builds stamina in long distance running, keeping at a speed that can be maintained. - Throws with push, pull and fling throws using body to propel the ball/hammer/discus/javelin. 	<ul style="list-style-type: none"> - Can play in an attack position or a defence position adapting tactics e.g. marks opponent for defence, finds space for attack. - Fields effectively; bats with technique, tactics and speed. - Plays different shots to score points. - Improves techniques for throwing, running or jumping making adjustments with the body.
Y6	<ul style="list-style-type: none"> - Describes the effect exercise has on the heart, body and mind. - Explains reasons for warming up and cooling down. - Composes a dance routine with a range of dance moves in sequence. - Improvises dance movements, moving with expression and clarity, reflecting the music and changing pace with dramatic expression. - Composes a sequence of gymnastic moves including balances, rolls, jumps, vaults and cartwheels or handstands, round-offs with precision and control. - Travels between jumps, rolls and vaults using leaps and turns or pivots. - Throws underarm and overarm in different ball games with increasing accuracy in a game. - Catches using two hands with wide fingers or one hand pulling to chest. - Dribbles with increasing speed and accuracy, passing with different parts of the foot, keeping the ball under control using different parts of the body. - Uses space effectively to attack; defend by marking opponents. - Plays fairly abiding by more complicated rules; adapt rules to change the game. - Plays as a team, applying tactics and thinking ahead to prevent opponents from scoring; send the ball effectively. - Tackles and intercepts to win back possession, communicating effectively. - Uses different techniques to hit a ball, using different bats (rackets, rounders bat, cricket bat). - Uses good hand-eye co-ordination to strike a ball or shuttlecock. - Develops a forehand and a backhand (badminton and tennis). - Plays a range of shots e.g. lob, underarm, overarm smash, serve. - Sprints, runs, jumps (triple, long, high) hurdles (stride patterns), hops, skips, speeds up, slows down, sprint starts. - Builds stamina in long distance running, keeping at a speed that can be maintained. - Throws with push, pull, fling and heave throws using body to propel the ball/hammer/discus/javelin. 	<ul style="list-style-type: none"> - Shows grace, elegance and energy when performing physical activity. - Can perform a range of gymnastic moves with strength and grace, finishing gracefully. - Sprints at high speeds or runs with stamina for longer distances. - Plays a team or individual sport outside of school to a high standard. - Follows game rules well and plays as part of a team. - Good co-ordination when throwing and catching. - Throws overarm accurately and naturally. - Bowls with accuracy. - Good balances (1-2-3-4) with control and flexibility. - Dribbles with control and looking up for space/team-mates. - Can play in an attack position or a defence position adapting tactics e.g. marks opponent for defence, finds space for attack. - Fields effectively; bats with technique and tactics. - Plays different shots to score points. - Improves techniques for throwing, running or jumping.