



Live, love and learn in a caring Christian community.
PE Assessment Criteria

Athletics and Games (football, netball, basketball, tennis, rugby, golf)

Year group	Working towards (WTS)	Expected standard (EXS)	Greater depth (GDS)
Year 1	<p>Run with confidence and control.</p> <p>Move safely, avoiding others and objects.</p> <p>Jump and land safe</p> <p>Throw with some coordination and accuracy.</p> <p>Get ready to, and attempt to catch an object.</p> <p>Play with others safely and fairly.</p> <p>Find space away from others.</p>	<p>Run with confidence altering speed appropriately. Show the difference between sprinting and jogging.</p> <p>Move safely, avoiding others and objects confidently and fluently.</p> <p>Jump and land safely with confidence and control.</p> <p>Throw with some coordination and accuracy at different targets.</p> <p>Show a variety of throwing techniques.</p> <p>Catch an object successfully using a good technique.</p> <p>Work as part of a team to achieve a goal.</p> <p>Recognise space and use it to your advantage when attacking and defending.</p>	<p>Run with confidence, altering speed and direction appropriately</p> <p>Move appropriately responding to environmental changes.</p> <p>Use sprinting and jogging appropriately</p> <p>Complete a series of jumps showing control at take-off and landing.</p> <p>Throw with increasing coordination and accuracy at different targets.</p> <p>Choose an appropriate throwing technique for the task.</p> <p>Catch with increasing coordination and accuracy.</p> <p>Communicate well with all members of your team.</p> <p>Demonstrate some simple methods of attacking and defending</p>
Year 2	<p>Run with confidence altering speed appropriately. Show the difference between sprinting and jogging.</p> <p>Move safely, avoiding others and objects confidently and fluently.</p> <p>Jump and land safely with confidence and control.</p> <p>Throw with some coordination and accuracy at different targets.</p>	<p>Run with confidence, altering speed and direction appropriately</p> <p>Move appropriately responding to environmental changes.</p> <p>Use sprinting and jogging appropriately</p> <p>Complete a series of jumps showing control at take-off and landing.</p>	<p>Run consistently and smoothly at different speeds.</p> <p>Run at a steady pace (appropriate for the individual).</p> <p>Demonstrate different jumps and sequences of jumps with a consistent technique.</p> <p>Throw a range of objects into a target area with consistency and accuracy</p>

	<p>Show a variety of throwing techniques.</p> <p>Catch an object successfully using a good technique.</p> <p>Work as part of a team to achieve a goal.</p> <p>Recognise space and use it to your advantage when attacking and defending.</p>	<p>Throw with increasing coordination and accuracy at different targets.</p> <p>Choose an appropriate throwing technique for the task.</p> <p>Catch with increasing coordination and accuracy.</p> <p>Communicate well with all members of your team.</p> <p>Demonstrate some simple methods of attacking and defending</p>	<p>Catch a variety of objects with coordination and accuracy.</p> <p>Work more consistently as a good team.</p> <p>Develop ways of attacking and defending as a team.</p>
Year 3	<p>Run with confidence, altering speed and direction appropriately</p> <p>Move appropriately responding to environmental changes.</p> <p>Use sprinting and jogging appropriately</p> <p>Complete a series of jumps showing control at take-off and landing.</p> <p>Throw with increasing coordination and accuracy at different targets.</p> <p>Choose an appropriate throwing technique for the task.</p> <p>Catch with increasing coordination and accuracy.</p> <p>Communicate well with all members of your team.</p> <p>Demonstrate some simple methods of attacking and defending</p>	<p>Run consistently and smoothly at different speeds.</p> <p>Run at a steady pace (appropriate for the individual).</p> <p>Demonstrate different jumps and sequences of jumps with a consistent technique.</p> <p>Throw a range of objects into a target area with consistency and accuracy</p> <p>Catch a variety of objects with coordination and accuracy.</p> <p>Work more consistently as a good team.</p> <p>Develop ways of attacking and defending as a team.</p>	<p>Run at appropriate speeds throughout a competitive game.</p> <p>Run at a faster pace for a longer period of time</p> <p>Jump with control, accuracy and efficiency</p> <p>Throw with more control, accuracy and efficiency</p> <p>Catch a ball using one hand</p> <p>Take into account your team mates strengths and weaknesses</p> <p>Choose the best tactics to defend and attack.</p>
Year 4	<p>Run consistently and smoothly at different speeds.</p> <p>Run at a steady pace (appropriate for the individual).</p> <p>Demonstrate different jumps and sequences of jumps with a consistent technique.</p>	<p>Run at appropriate speeds throughout a competitive game.</p> <p>Run at a faster pace for a longer period of time</p> <p>Jump with control, accuracy and efficiency</p>	<p>Run with an effective technique.</p> <p>Adapt and improve a range of jumps.</p> <p>Throw a ball accurately whilst moving.</p>

	<p>Throw a range of objects into a target area with consistency and accuracy</p> <p>Catch a variety of objects with coordination and accuracy.</p> <p>Work more consistently as a good team.</p> <p>Develop ways of attacking and defending as a team.</p>	<p>Throw with more control, accuracy and efficiency</p> <p>Catch a ball using one hand</p> <p>Take into account your team mates strengths and weaknesses</p> <p>Choose the best tactics to defend and attack.</p>	<p>Catch a ball accurately whilst moving.</p> <p>Adopt a good sporting attitude.</p> <p>Suggest ways to attack and defend.</p>
Year 5	<p>Run at appropriate speeds throughout a competitive game.</p> <p>Run at a faster pace for a longer period of time</p> <p>Jump with control, accuracy and efficiency</p> <p>Throw with more control, accuracy and efficiency</p> <p>Catch a ball using one hand</p> <p>Take into account your team mates strengths and weaknesses</p> <p>Choose the best tactics to defend and attack.</p>	<p>Run with an effective technique.</p> <p>Adapt and improve a range of jumps.</p> <p>Throw a ball accurately whilst moving.</p> <p>Catch a ball accurately whilst moving.</p> <p>Adopt a good sporting attitude.</p> <p>Suggest ways to attack and defend.</p>	<p>Maintain a good running technique whilst in a competitive situation.</p> <p>Maintain a good jumping technique whilst in a competitive situation.</p> <p>Maintain a good throwing technique whilst in a competitive situation.</p> <p>Maintain a good catching technique whilst in a competitive situation.</p> <p>Maintain good teamwork whilst in a competitive situation.</p> <p>Think of a team plan and share it with others.</p>
Year 6	<p>Run with an effective technique.</p> <p>Adapt and improve a range of jumps.</p> <p>Throw a ball accurately whilst moving.</p> <p>Catch a ball accurately whilst moving.</p> <p>Adopt a good sporting attitude.</p> <p>Suggest ways to attack and defend.</p>	<p>Maintain a good running technique whilst in a competitive situation.</p> <p>Maintain a good jumping technique whilst in a competitive situation.</p> <p>Maintain a good throwing technique whilst in a competitive situation.</p> <p>Maintain a good catching technique whilst in a competitive situation.</p> <p>Maintain good teamwork whilst in a competitive situation.</p> <p>Think of a team plan and share it with others.</p>	<p>Modify running technique in response to changing circumstances</p> <p>Modify jumping technique in response to changing circumstances.</p> <p>Modify throwing technique in response to changing circumstances</p> <p>Modify catching technique in response to changing circumstances</p> <p>Promote and encourage teamwork.</p> <p>Modify your tactics in response to changing circumstances,</p>

Gymnastics

Year group	Working towards (WTS)	Expected standard (EXS)	Greater depth (GDS)
Year 1	Explore different ways of travelling.	Perform basic actions such as rolling, jumping, climbing and staying still. Link some basic actions to create a sequence of movements	Perform basic actions with increased balance, agility and coordination across a range of activities.
Year 2	Perform basic actions such as rolling, jumping, climbing and staying still. Link some basic actions to create a sequence of movements	Perform basic actions with increased balance, agility and coordination across a range of activities.	Link basic actions with smooth and controlled transitions
Year 3	Perform basic actions with increased balance, agility and coordination across a range of activities.	Link basic actions with smooth and controlled transitions	Create longer more complex sequences showing greater technique and flexibility
Year 4	Link basic actions with smooth and controlled transitions	Create longer more complex sequences showing greater technique and flexibility	Perform more complex actions with balance, agility, control and coordination.
Year 5	Create longer more complex sequences showing greater technique and flexibility	Perform more complex actions with balance, agility, control and coordination.	Perform complex actions as part of a group.
Year 6	Perform more complex actions with balance, agility, control and coordination.	Perform complex actions as part of a group.	Create and perform a complex sequence as part of a group, taking into account the ability of others.

Dance

Year group	Working towards (WTS)	Expected standard (EXS)	Greater depth (GDS)
Year 1	Explore different ways to move.	Respond to different stimuli with a range of actions. Dance using simple movement patterns.	Respond to different stimuli and create different movement patterns. Perform dances linking a variety of simple movement patterns.
Year 2	Respond to different stimuli with a range of actions. Dance using simple movement patterns.	Respond to different stimuli and create different movement patterns.	Dance as part of a group keeping in time with one another

		Perform dances linking a variety of simple movement patterns.	
Year 3	Respond to different stimuli and create different movement patterns. Perform dances linking a variety of simple movement patterns.	Dance as part of a group keeping in time with one another	Experiment and create more complex movement patterns
Year 4	Dance as part of a group keeping in time with one another	Experiment and create more complex movement patterns	Use a variety of dance styles
Year 5	Experiment and create more complex movement patterns	Use a variety of dance styles	Use a range of movement patterns to create a more complex dance routine.
Year 6	Use a variety of dance styles	Use a range of movement patterns to create a more complex dance routine.	Perform and combine a variety of dance motifs using different dance styles.

Swimming – Year 4 only

Year group	Working towards (WTS)	Expected standard (EXS)	Greater depth (GDS)
Year 4	Enter the water carefully, as taught from the side. Use different arm and leg movements to propel through the water.	Enter and exit the water carefully, as taught from the side. Begin to swim short distances with no support of at least 25m.	Enter the water safely by jumping in and exit from the side. Use at least two strokes effectively