



Physical Education Assessment

Developing Skills	Examples of Skills	Application of Skills: Attacking and Defending	Evaluating Success
<input type="radio"/> To be able to master most fundamental skills and start to develop sport specific skills. Develop throwing and catching skills using different sports and activities.	Examples of developing sport specific skills may include: <ul style="list-style-type: none"> • Chest pass, bounce pass, swing pass, catching • Dodging and swerving • Underarm bowl • Throwing overarm • Strike a ball with implement • Travelling on hands and feet • Balance on large and small body parts 	<input type="radio"/> To be able to develop simple attacking skills in a 3 v 1 invasion game.	<input type="radio"/> To be able to identify what they do best and what they find difficult.
<input type="radio"/> To be able to perform using a number of sending and receiving skills with some accuracy.		<input type="radio"/> To be able to apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities.	<input type="radio"/> To be able to make simple assessments of performance based on simple criteria given by the teacher.
<input type="radio"/> To be able to travel – change direction easily		Application of Skills: Linking Actions and Movement Sequences	
<input type="radio"/> To be able to perform travelling, rolling, jumping and balancing skills.		<input type="radio"/> To be able to create and perform sequences of actions (4 – 6) smoothly in a range of activities such as gymnastics and dance.	
<input type="radio"/> To be able to perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control.		<input type="radio"/> To be able to share and create dance phrases with a partner and in a small group, repeat, remember and perform these phrases in a dance.	
<input type="radio"/> To be able to plan routes around obstacles e.g. PE apparatus.			
<input type="radio"/> To be able to begin to work cooperatively with others to solve challenges.			

Name:

Class: