

**Subject:**

**PE**

**Key assessment criteria**

## Physical Development - P.E

### Foundation Stage

#### Personal

- To enjoy working on simple tasks with help.
- To follow instructions, practise safely and work on simple tasks by myself.

#### Social

- To play with others and take turns and share with help.
- To work sensibly with others, taking turns and sharing.

#### Cognitive

- To follow simple instructions.
- To understand and follow simple rules and can name some things I am good at.

#### Creative

- To observe and copy others.
- To explore and describe different movements.

#### Applying Physical

- To move confidently in different ways.
- To perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

#### Health and Fitness

- To be aware of the changes to the way I feel when I exercise.
- To be aware of why exercise is important for good health.

Year 1	Year 2	Year 3
<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>To follow instructions, practise safely and work on simple tasks by myself.</li> <li>To try several times if at first I don't succeed and I ask for help when appropriate.</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>To work sensibly with others, taking turns and sharing.</li> <li>To help praise and encourage others in their learning.</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>To understand and follow simple rules and can name some things I am good at.</li> <li>To begin to order instructions, movements and skills. With help I can recognise similarities and differences and explain why someone is working or performing well.</li> </ul> <p><b>Creative</b></p> <ul style="list-style-type: none"> <li>To explore and describe different movements .</li> <li>To select and link movements together to fit a theme.</li> <li>To begin to compare my movements and skills with those of others.</li> </ul> <p><b>Applying Physical</b></p> <ul style="list-style-type: none"> <li>To perform a single skill or movement with some control.</li> <li>To perform a sequence of movements with some changes in level, direction or speed.</li> </ul> <p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To be aware of why exercise is important for good health.</li> <li>To say how my body feels before, during and after exercise.</li> </ul>	<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>To follow instructions, practise safely and work on simple tasks by myself.</li> <li>To know where I am with my learning and I have begun to challenge myself.</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>To work sensibly with others, taking turns and sharing.</li> <li>To show patience and support others, listening well to them about our work.</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>To understand the simple tactics of attacking and defending.</li> <li>To explain what myself and others are doing well and can begin to identify areas for improvement.</li> </ul> <p><b>Creative</b></p> <ul style="list-style-type: none"> <li>To begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.</li> <li>To make up my own rules and versions of activities/dances.</li> </ul> <p><b>Applying Physical</b></p> <ul style="list-style-type: none"> <li>To perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed.</li> <li>I can select and apply a range of skills with good control and consistency .</li> </ul> <p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>Describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down.</li> </ul>	<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>To cope well and react positively when things become difficult.</li> <li>To persevere with a task, I can improve my performance through regular practice.</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>To show patience and support others, listening well to them about our work.</li> <li>To cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>To begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well .</li> <li>To understand the simple tactics of attacking and defending.</li> <li>To understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.</li> </ul> <p><b>Creative</b></p> <ul style="list-style-type: none"> <li>To begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.</li> <li>To change tactics, rules, sequences of movement or tasks to make activities more fun, challenging or to express my own ideas.</li> </ul> <p><b>Applying Physical</b></p> <ul style="list-style-type: none"> <li>To perform a sequence of controlled movements with some changes in level, direction or speed.</li> <li>To select and apply a range of skills with good control, good body tension and consistency.</li> <li>To link actions together so that they flow in running, jumping and throwing activities.</li> </ul> <p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To say how my body feels before, during and after exercise along with why this might be.</li> <li>To explain why we need to warm up and cool down and consider how much exercise is appropriate.</li> </ul>

Year 4	Year 5 and Year 6
<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>To know where I am with my learning and I have begun to challenge myself.</li> <li>To persevere positively with a task and know that I can improve my performance through regular practice'</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>To show patience, encouragement and support others, listening well to them about our work.</li> <li>To cooperate well with others and give helpful feedback. To help organise roles and responsibilities and guide a small group through a task.</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>To recognise similarities and differences in performance, I can explain why myself or others are working or performing well.</li> <li>To understand the simple tactics of attacking and defending.</li> <li>To understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.</li> </ul> <p><b>Creative</b></p> <ul style="list-style-type: none"> <li>To select and link movements together to fit a theme and include some of my own ideas.</li> <li>To respond differently to a variety of tasks or music and to recognise similarities and differences in movements and expression.</li> <li>To change tactics, rules or tasks to make activities more fun or challenging.</li> </ul> <p><b>Applying Physical</b></p> <ul style="list-style-type: none"> <li>To perform a controlled sequence of movements with some changes in level, direction or speed.</li> <li>To perform a variety of movements and skills with good body tension.</li> <li>To link actions together so that they flow in running, jumping and throwing activities.</li> </ul> <p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To describe how and why my body feels during and after exercise.</li> <li>To describe the basic fitness components and explain how often and how long I should exercise to be healthy.</li> </ul>	<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>To cope well and react positively when things become difficult, demonstrating perseverance, seeing all difficulties and new challenges as opportunities to learn and develop.</li> <li>To recognise my strengths and weaknesses and can set myself appropriate targets.</li> <li>To accept critical feedback and make changes.</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>To help organise roles and responsibilities, I can guide a small group through a task.</li> <li>To give and receive sensitive feedback to improve myself and others.</li> <li>To negotiate and collaborate appropriately while supporting and motivating others to do well.</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>To understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.</li> <li>To use my awareness of space and others to make good decisions.</li> <li>To recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents.</li> <li>To review, analyse and evaluate my own and others' strengths and weaknesses and to read and react to different game situations as they develop.</li> </ul> <p><b>Creative</b></p> <ul style="list-style-type: none"> <li>To link actions and develop sequences of movements that express my own ideas.</li> <li>To change tactics, rules or tasks to make activities more fun or challenging.</li> <li>To respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others.</li> </ul> <p><b>Applying Physical</b></p> <ul style="list-style-type: none"> <li>To perform a variety of movements and skills with good body tension, linking actions together so that they flow in running, jumping and throwing activities, as well as in game situations.</li> <li>To use combinations of skills confidently in sport specific contexts.</li> <li>To perform and transfer a variety of skills consistently and effectively in challenging or competitive situations.</li> </ul> <p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To describe the basic fitness components and explain how often and how long I should exercise to be healthy. To record and monitor how hard I am working.</li> <li>To self select and perform appropriate warm up and cool down activities.</li> <li>To identify possible dangers and adaptations when planning an activity.</li> </ul>

