



## Key Assessment Criteria: *Being a sports person*

A year 1 sports person	A year 2 sports person	A year 3 sports person
<p><u>Games</u></p> <ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can hit a ball with a bat.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> <li>• I can throw and kick in different ways.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• I can make my body curled, tense, stretched and relaxed.</li> <li>• I can control my body when travelling and balancing.</li> <li>• I can copy sequences and repeat them.</li> <li>• I can roll, curl, travel and balance in different ways.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>• I can move to music.</li> <li>• I can copy dance moves.</li> <li>• I can perform my own dance moves.</li> <li>• I can make up a short dance.</li> <li>• I can move safely in a space.</li> </ul> <p><u>General</u></p> <ul style="list-style-type: none"> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> </ul>	<p><u>Games</u></p> <ul style="list-style-type: none"> <li>• I can use hitting, kicking and/or rolling in a game.</li> <li>• I can decide the best space to be in during a game.</li> <li>• I can use one tactic in a game.</li> <li>• I can follow rules.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• I can plan and perform a sequence of movements.</li> <li>• I can improve my sequence based on feedback.</li> <li>• I can think of more than one way to create a sequence which follows some 'rules'.</li> <li>• I can work on my own and with a partner.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>• I can change rhythm, speed, level and direction in my dance.</li> <li>• I can dance with control and coordination.</li> <li>• I can make a sequence by linking sections together.</li> <li>• I can use dance to show a mood or feeling.</li> </ul> <p><u>General</u></p> <ul style="list-style-type: none"> <li>• I can copy and remember actions.</li> <li>• I can talk about what is different from what I did and what someone else did.</li> </ul>	<p><u>Games</u></p> <ul style="list-style-type: none"> <li>• I can throw and catch with control.</li> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• I can adapt sequences to suit different types of apparatus and criteria.</li> <li>• I can explain how strength and suppleness affect performance.</li> <li>• I can compare and contrast gymnastic sequences.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>• I can improvise freely and translate ideas from a stimulus into movement.</li> <li>• I can share and create phrases with a partner and small group.</li> <li>• I can repeat, remember and perform phrases.</li> </ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>• I can take part in a relay, remembering when to run and what to do.</li> </ul> <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> <li>• I can follow a map in a familiar context.</li> <li>• I can use clues to follow a route.</li> <li>• I can follow a route safely.</li> </ul>



## Key Assessment Criteria: *Being a sports person*

A year 4 sports person	A year 5 sports person	A year 6 sports person
<p><u>Games</u></p> <ul style="list-style-type: none"><li>• I can catch with one hand.</li><li>• I can throw and catch accurately.</li><li>• I can hit a ball accurately with control.</li><li>• I can keep possession of the ball.</li><li>• I can vary tactics and adapt skills depending on what is happening in a game.</li></ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"><li>• I can work in a controlled way.</li><li>• I can include change of speed and direction.</li><li>• I can include a range of shapes.</li><li>• I can work with a partner to create, repeat and improve a sequence with at least three phases.</li></ul> <p><u>Dance</u></p> <ul style="list-style-type: none"><li>• I can take the lead when working with a partner or group.</li><li>• I can use dance to communicate an idea.</li></ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"><li>• I can run over a long distance.</li><li>• I can sprint over a short distance.</li><li>• I can throw in different ways.</li><li>• I can hit a target.</li><li>• I can jump in different ways.</li></ul> <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"><li>• I can follow a map in a (more demanding) familiar context.</li><li>• I can follow a route within a time limit.</li></ul>	<p><u>Games</u></p> <ul style="list-style-type: none"><li>• I can gain possession by working a team.</li><li>• I can pass in different ways.</li><li>• I can use forehand and backhand with a racket.</li><li>• I can field.</li><li>• I can choose a tactic for defending and attacking.</li><li>• I can use a number of techniques to pass, dribble and shoot.</li></ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"><li>• I can make complex extended sequences.</li><li>• I can combine action, balance and shape.</li><li>• I can perform consistently to different audiences.</li></ul> <p><u>Dance</u></p> <ul style="list-style-type: none"><li>• I can compose my own dances in a creative way.</li><li>• I can perform to an accompaniment.</li><li>• My dance shows clarity, fluency, accuracy and consistency.</li></ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"><li>• I can be controlled when taking off and landing.</li><li>• I can throw with accuracy.</li><li>• I can combine running and jumping.</li></ul> <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"><li>• I can follow a map in an unknown location.</li><li>• I can use clues and a compass to navigate a route.</li><li>• I can change my route to overcome a problem.</li><li>• I can use new information to change my route.</li></ul>	<p><u>Games</u></p> <ul style="list-style-type: none"><li>• I can play to agreed rules.</li><li>• I can explain rules.</li><li>• I can umpire.</li><li>• I can make a team and communicate plan.</li><li>• I can lead others in a game situation.</li></ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"><li>• I can combine my own work with that of others.</li><li>• I can link sequences to specific timings.</li></ul> <p><u>Dance</u></p> <ul style="list-style-type: none"><li>• I can develop sequences in a specific style.</li><li>• I can choose my own music and style.</li></ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"><li>• I can demonstrate stamina.</li></ul> <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"><li>• I can plan a route and a series of clues for someone else.</li><li>• I can plan with others taking account of safety and danger.</li></ul>