

St Buryan Academy

PE Assessment and Coverage



Name:



Year 1

Dance

strand	objective	met	greater depth
Acquiring and developing skills	Copy and repeat simple skills		
	Follow the leader – jumps, hops, skips		
	Respond to different stimuli with a range of actions		
	Copy and explore basic body actions demonstrated by the teacher		
	Copy simple movement patterns from each other and explore the movement		
	Pupils link simple actions and skills		
Selecting and applying skills, tactics and compositional ideas	Compose and link movement phrases to make simple dances with clean beginning, middle and end.		
	practise and repeat their movement phrases and perform them in a controlled way		
Evaluating and improving performance	Describe and comment on their own and others actions Can describe what they have done Can watch others and say what they are doing		
Knowledge and understanding of fitness and health	Can describe how their bodies feel when still and when exercising. Can talk about how to exercise safely.		

Games

strand	objective	met	greater depth
Acquiring and developing skills	Copy and repeat simple skills		
	Throw and catch a ball with a partner		
	move fluently, changing direction and speed easily and avoiding collisions		
	show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking		
	Pupils link simple actions and skills		
Selecting and applying skills, tactics and compositional ideas	Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming		
Evaluating and improving performance	Describe and comment on their own and others actions Can describe what they have done Can watch others and say what they are doing		

Knowledge and understanding of fitness and health	Can describe how their bodies feel when still and when exercising. Can talk about how to exercise safely.		
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Gym

strand	objective	met	greater depth
Acquiring and developing skills	Copy and repeat simple skills		
	Perform basic gymnastic actions like traveling, rolling and jumping		
	Manage the space safely, showing good awareness of each other, mats and apparatus		
	Pupils link simple actions and skills		
Selecting and applying skills, tactics and compositional ideas	Make up simple movement phrases in response to simple tasks.		
	Link & repeat basic gymnastic actions perform movement phrases with control and accuracy		
Evaluating and improving performance	They can talk about differences between their own and others' performance and suggest improvements		
Knowledge and understanding of fitness and health	They can understand how to exercise and describe how their bodies feel during different activities.		

Swimming/OAE/Athletics

strand	objective	met	greater depth
	Swim 10-20 metres with aids, confidence in water, put faces in water		
	Follow marked tracks in familiar environment.		
	Run at different speeds, jump with accuracy, use a small range of techniques		
	Select appropriate arm and leg action to move across pool.		
	Choose which way to follow route, by self or in group		
	Choose which throwing and retrieving technique to use		
Evaluating and improving performance	They can talk about differences between their own and others' performance and suggest improvements		
Knowledge and understanding of fitness and health	They can understand how to exercise and describe how their bodies feel during different activities.		

Notes



Year 2

Dance

strand	objective	met	greater depth
Acquiring and developing skills	Copy, remember and repeat simple skills with control and co-ordination		
	Can link several movements together with control and co-ordination		
	talk about different stimuli as the starting point for creating dance phrases and short dances		
	explore actions in response to stimuli explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements		
	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics		
Select and apply	Compose and perform dance phrases and short dances that express communicate moods, ideas and feelings		
	remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness		
Evaluating and improving performance	They can talk about differences between their own and others' performance and suggest improvements		
Knowledge and understanding of fitness and health	They can understand how to exercise and describe how their bodies feel during different activities.		

Games

strand	objective	met	greater depth
Acquiring and developing skills	Copy, remember and repeat simple skills with control and co-ordination		
	Pass a ball accurately to a partner over a variety of distances		
	perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control		
	show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run		

Select and apply			
	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics		
	choose and use tactics to suit different situations react to situations in a way that helps their partners and makes it difficult for their opponents		
	They vary skills and show some understanding of simple tactics		
Evaluating and improving performance	They can talk about differences between their own and others' performance and suggest improvements		
Knowledge and understanding of fitness and health	They can understand how to exercise and describe how their bodies feel during different activities.		

Gym

strand	objective	met	greater depth
Acquire and develop	Copy, remember and repeat simple skills with control and co-ordination		
	Perform a variety of actions with increasing control		
	Repeat accurately sequences of gymnastic actions		
	Move smoothly from a position of stillness to a travelling movement move smoothly and in a controlled way from one position of stillness to another		
Select and apply	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics		
	Choose, use and vary simple compositional ideas to create and perform a sequence		
	Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end		
	Adapt the sequence to include apparatus or a partner		
	use different combinations of floor, mats and apparatus, showing control, accuracy and fluency		
Evaluating and improving performance	They can talk about differences between their own and others' performance and suggest improvements		
Knowledge and understanding of fitness and health	They can understand how to exercise and describe how their bodies feel during different activities.		

Swimming/OAE/Athletics

strand	objective	met	greater depth
	10-20 metres unaided, use arms and legs, one basic method of swimming, swim underwater confidently		
	Use simple plans and diagrams of familiar environments.		
	Change speed and direction, link running and jumping, throw accurately		
	Choose their most confident stroke to swim across the pool.		
	Use skills to solve a basic challenge or problem		
	Choose when to run and when to jump. Select which throwing technique to use for accuracy and distance		
	They can talk about differences between their own and others' performance and suggest improvements		
	They can understand how to exercise and describe how their bodies feel during different activities.		

Notes

Year 3

Dance

strand	objective	met	greater depth
Acquiring and developing skills	Select and use skills and ideas with co-ordination and control		
	Improvise freely with a partner translating ideas from stimuli to movement. show an imaginative response to different		
	stimuli through their use of language and choice of movement		
	Incorporate different qualities and dynamics into their movements		
	explore and develop new actions while working with a partner or a small group		
	Pupils show that they understand tactics and composition by starting to vary how they respond		
Select and apply	Apply basic compositional ideas to create dance which convey feelings and emotions		
	link actions to make dance phrases, working with a partner and in a small group		
	perform short dances with expression, showing an awareness of others when moving		
	describe what makes a good dance phrase		
Evaluating and improving performance	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.		
	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing.		

Games

strand	objective	met	greater depth
Acquiring and developing skills Select and apply	Select and use skills and ideas with co-ordination and control		
	Travel whilst bouncing a ball showing control		

	use a range of skills to help them keep possession and control of the ball		
	perform the basic skills needed for the games with control and consistency use a range of skills with increasing control		
	Pupils show that they understand tactics and composition by starting to vary how they respond		
Evaluating and improving performance	In pairs, make up a game and play a simple rallying game. use a range of skills to keep possession and make progress towards a goal, on their own and with others		
	choose good places to stand when receiving, and give reasons for their choice		
	choose and use batting or throwing skills to make the game hard for their opponents		
Knowledge and understanding of fitness and health	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.		
Acquiring and developing skills	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing.		

Gym

strand	objective	met	greater depth
Acquiring and developing skills	Select and use skills and ideas with co-ordination and control		
	Perform a competent forward roll, rug roll, shoulder roll Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel		
	practise an action or short sequence of movements, and improve the quality of the actions and transitions show control, accuracy and fluency of movement when performing actions on their own and with a partner		
	Pupils show that they understand tactics and composition by starting to vary how they respond		
Select and apply	Plan and perform a movement sequence showing contrasts in speed, level and direction. devise and perform a gymnastic sequence, showing a clear beginning, middle and end		
	adapt a sequence to include different levels, speeds or directions		
	work well on their own and contribute to pair sequences		
Evaluating and improving performance	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.		

Knowledge and understanding of fitness and health	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing.		
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Swimming/OAE/Athletics

strand	objective	met	greater depth
Acquiring and developing skills	25-30 metres in water unaided, co-ordination with arms and legs, use different strokes, describe how to move arms and legs together.		
	Use maps and diagrams to orientate themselves around a course.		
	Throw with accuracy and power, into a target, difference between sprinting and running, different roles in groups		
	Use their arms and legs in the correct manner for the chosen stroke.		
Select and apply	Respond appropriately when task/environment changes, plan responses		
	Choose and use throw to reach target, choose which role to play within group situation		
Evaluating and improving performance	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.		
Knowledge and understanding of fitness and health	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing.		

Notes

Year 4

Dance

strand	objective	met	greater depth
Acquiring and developing skills	Select, use and perform with coo-ordination and fluency		
	Respond and perform with a partner, demonstrating actions that link with fluency and accuracy		
	Respond to the stimuli through the appropriate language, creating their own ideas and movement phrases		
	Use a range of actions and begin to combine movement phrases and patterns..		
	Begin to respond within a small group of partnership, to speed and level.		
Select and apply	Pupils can link movement phrases together with increased precision.		
Select and apply	Begin to design their own movement phrases that respond to the stimuli or emotion		
	Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group		
	Remember, perform and evaluate short dance phrase, showing an understanding and an awareness of others.		
Evaluating and improving performance	Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see.		
Knowledge and understanding of fitness and health	Children begin to think about warm up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.		

Games

strand	objective	met	greater depth
	Pupils can link movement phrases together with increased precision.		
Acquiring and developing skills	Travel with a ball showing increasing control using both hands and feet.		
	Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team.		
	Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations. Use a range of different skills with increasing control and skill		
	Pupils can link tactics and skills together with increased precision.		
Select and apply	In small groups make up a game with simple rules. Use a range of learnt techniques to ensure fair play and that they know how to score goals and win the game.		
	Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful.		
Evaluating and improving performance	Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see.		
Knowledge and understanding of fitness and health	Children begin to think about warm up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.		

Gym

strand	objective	met	greater depth
Acquiring and developing skills	Select, use and perform with co-ordination and fluency.		
	Perform a range of rolls with control and accuracy Explore different combinations of apparatus to look at shape, balance and travel. Know how to utilize this equipment to enhance their movements,		
	Practise and refine an action or short sequence showing quality movement phrases, combining different actions for effect. Begin to perform with a partner or group.		
	Pupils can link movement phrases together with increased precision.		
Select and apply	Begin to develop a longer and more varied movement phrase with smooth, planned links between actions.		
	Perform a sequence where the children combine speed, level, direction and a variety of shapes.		
	Work within different groups to contribute to a variety of different sequences.		
	Select, use and perform with coo-ordination and fluency.		
	Perform a range of rolls with control and accuracy Explore different combinations of apparatus to look at shape, balance and travel. Know how to utilize this equipment to enhance their movements,		
Acquiring and developing skills	Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see.		

	Be confident to analyse and comment on what they see.		
Knowledge and understanding of fitness and health	Children begin to think about warm up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.		

Swimming/OAE/Athletics

strand	objective	met	greater depth
Acquiring and developing skills Select and apply	Swim 25-30 metres unaided, use a variety of different leg and arm actions.		
	Use a map with confidence to navigate around a route.		
	Increase the distance when they are running, organizing and preparing themselves, take different roles within a running sequence.		
	Link arms and legs correctly to allow effective propulsion across the pool.		
	Adapt and respond to changes in the environment to allow them to complete the task		
Evaluating and improving performance	Choose with throw, running pace or action to complete to allow them to reduce their times/ increase distance within areas of athletics.		
	Swim 25-30 metres unaided, use a variety of different leg and arm actions.		
	Use a map with confidence to navigate around a route.		
	Increase the distance when they are running, organizing and preparing themselves, take different roles within a running sequence.		
Acquiring and developing skills	Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see.		

Knowledge and understanding of fitness and health	Children begin to think about warm up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.		
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Year 5

Dance

strand	objective	met	greater depth
	Performance shows precision, control and fluency		
Acquiring and developing skills	Respond to a variety of stimuli showing a range of actions performed with control and fluency		
	think about character and narrative ideas created by the stimulus, and respond through movement		
	experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group		
	Pupils link skills, techniques and ideas accurately and appropriately		
Select and apply	Create and perform dances using a range of movement patterns in response to a range of stimuli		
	use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer		
	remember, practise and combine longer, more complex dance phrases		

Evaluating and improving performance	From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self-analysis.		
Knowledge and understanding of fitness and health	Demonstrate activities for specific aspects of warm up- stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.		

Games

strand	objective	met	greater depth
	Performance shows precision, control and fluency		
Acquiring and developing skills	Travel with a ball showing changes of speed and directions using either foot or hand.		
	use a range of techniques when passing, <i>eg high, low, bounced, fast, slow</i>		
	keep a game going using a range of different ways of throwing		
	strike a ball with intent and throw it more accurately when bowling and/or fielding		
	Pupils link skills, techniques and ideas accurately and appropriately		
Select and apply	Effectively play a competitive net/wall game keep and use rules they are given		
	try to make things difficult for their opponent by directing the ball to space, at different speeds and heights		
	judge how far they can run to score points		

Evaluating and improving performance	From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self-analysis.		
Knowledge and understanding of fitness and health	Demonstrate activities for specific aspects of warm up- stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.		

Gym

strand	objective	met	greater depth
Acquiring and developing skills	Performance shows precision, control and fluency		
	Perform a range of rolls including backwards roll consistently. perform a range of actions and agilities with consistency, fluency and clarity of movement		
	Make similar or contrasting shapes on the floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner.		
	Pupils link skills, techniques and ideas accurately and appropriately		
Select and apply	Develop a longer and more varied movement sequence demonstrating smooth transitions between actions combine actions to make a sequence.		
	sequences with changes of speed, level and direction, and clarity of shape		
	Gradually increase the length of sequences work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement		

	Performance shows precision, control and fluency		
	Perform a range of rolls including backwards roll consistently. perform a range of actions and agilities with consistency, fluency and clarity of movement		
	Make similar or contrasting shapes on the floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner.		
Evaluating and improving performance	From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self-analysis.		
Knowledge and understanding of fitness and health	Demonstrate activities for specific aspects of warm up-stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.		

Swimming/OAE/Athletics

strand	objective	met	greater depth
Acquiring and developing skills	Swim 25-50 metres unaided, swim for 30-45 secs, use variety of basic arm/leg actions front/back		
	Move confidently through familiar and less familiar environments, prepare self		
	Sustain and maintain running speed, improve on personal target, organize and manage an athletic event well		
Select and apply	Link the correct arm and leg movement for front and back strokes.		
	Adapt skills and strategies as situation demands.		
	Choose pace for running, plan and carry through an event		
Evaluating and improving performance	From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self-analysis.		

Knowledge and understanding of fitness and health	<p>Demonstrate activities for specific aspects of warm up-stretching, joint mobility, raising heart and breathing rates.</p> <p>Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.</p>		
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Year 6

Dance

strand	objective	met	greater depth
Acquiring and developing skills	Choreograph creative and imaginative dance sequences, independently and in a group		
	Choreograph and perform more complex sequences		
	Demonstrate a consistent theme throughout a dance		
Select and apply	Analyse and appraise skills and techniques used by others and apply in own work		
	Practice, modify and perfect skills and techniques to improve performance		
	Understand and explain the short and long term effects of exercise		

	Lead warm up and cool down activities in ways that enhance the forthcoming activity		
	Explain why regular exercise is important to general health and well-being		
	Effort overall.		
Evaluating and improving performance	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.		
Knowledge and understanding of fitness and health	Can show responsibility for personal warm up programme specific to the activity.		

Games

strand	objective	met	greater depth
Acquiring and developing skills	Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking)		
	Work alone and with a team to outwit an opponent / opposing team		
	Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play		
	Act as a good role model within a team, taking a lead role when required		
Select and apply	Analyse and appraise skills and techniques used by others and apply in own work		
	Practice, modify and perfect skills and techniques to improve performance		
	Understand and explain the short and long term effects of exercise		

	Lead warm up and cool down activities in ways that enhance the forthcoming activity		
	Explain why regular exercise is important to general health and well-being		
	Effort overall.		
Evaluating and improving performance	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.		
Knowledge and understanding of fitness and health	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.		

Gym

strand	objective	met	greater depth
Acquiring and developing skills	Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements		
	Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances		
	Rehearse, refine and perfect gymnastic skills		
Select and apply	Analyse and appraise skills and techniques used by others and apply in own work		
	Practice, modify and perfect skills and techniques to improve performance		
	Understand and explain the short and long term effects of exercise		

	Lead warm up and cool down activities in ways that enhance the forthcoming activity		
	Explain why regular exercise is important to general health and well-being		
	Effort overall.		
Evaluating and improving performance	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.		
Knowledge and understanding of fitness and health	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.		

Swimming

strand	objective	met	greater depth
Acquiring and developing skills	Swim 25-50 metres unaided, swim for 30-45 secs, use variety of basic arm/leg actions front/back		
	Move confidently through familiar and less familiar environments, prepare self		
	Sustain and maintain running speed, improve on personal target, organize and manage an athletic event well		
Select and apply	Link the correct arm and leg movement for front and back strokes.		
	Adapt skills and strategies as situation demands.		
	Choose pace for running, plan and carry through an event		

Evaluating and improving performance	From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self-analysis.		
Knowledge and understanding of fitness and health	Demonstrate activities for specific aspects of warm up-stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.		

OAE

strand	objective	met	greater depth
Acquiring and developing skills	Read a variety of maps and plans of the environment, recognising symbols and features		
	Value the importance of planning and thinking as they work through their challenge		
	Take on both leadership and team roles when solving a problem, demonstrating good sportsmanship skills		
Select and apply	Analyse and appraise skills and techniques used by others and apply in own work		
	Practice, modify and perfect skills and techniques to improve performance		

	Understand and explain the short and long term effects of exercise		
	Lead warm up and cool down activities in ways that enhance the forthcoming activity		
	Explain why regular exercise is important to general health and well-being		
	Effort overall.		
Evaluating and improving performance	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.		
Knowledge and understanding of fitness and health	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.		

Athletics

strand	objective	met	greater depth
Select and apply	When running over a range of distances, show stamina, speed and control		
	Throw accurately, perfecting techniques by analysing the movement and body shape		
	Demonstrate control, balance and power in take-off and landing when jumping		
	Compete with others, recording results, setting targets and endeavouring to improve performance.		
	Analyse and appraise skills and techniques used by others and apply in own work		

Acquiring and developing skills	Practice, modify and perfect skills and techniques to improve performance		
	Understand and explain the short and long term effects of exercise		
	Lead warm up and cool down activities in ways that enhance the forthcoming activity		
	Explain why regular exercise is important to general health and well-being. Effort overall		
Evaluating and improving performance	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.		
Knowledge and understanding of fitness and health	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.		

Notes





