

PE

What are the Key features of 'Knowledge-rich assessment for PE?'

- At key stage 1, the sticky knowledge takes full account of the national curriculum's main characteristics of:
 - Gymnastics
 - Basic Movement and Team Games
 - Dance
- At key stage 2, the sticky knowledge takes full account of the national curriculum's main characteristics of:
 - Athletics
 - Gymnastics
 - Competitive Games
 - Outdoor Adventure
 - Dance
 - Swimming
 - Evaluating
- There are relatively few assessment statements as these knowledge statements should be what pupils retain for ever. In other words, this knowledge is within their long-term memory and will be retained.
- When considering pupils' improvement in subject specific vocabulary, provide pupils with a vocabulary mat which contains all words used for PE for their age group.

PE: Key Stage 1

Fundamentals of movement Agility, Balance and Co-ordination	Agility Activities (Tagging games)	Coordination Activities (Throwing and catching) Small sided games and activities using attacking and defending principles sending, receiving using hands and feet. (e.g. football, handball, netball, hockey activities & benchball)	Gymnastics Activities (Balance)	Striking and Fielding Activities (small games based around rounder's, softball, baseball and cricket)	Athletic Activities (run, jumping and throwing)
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<i>perform dances using simple movement patterns.</i>		<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>
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Year 1

<p>Can I follow a simple set of rules? Can I recognise and talk about changes in my body and start to talk about why being active is good for my body? Can I follow a teacher led warm up and cool down? Can I work cooperatively in pairs? Can I begin to skip with a rope? Can I jump with rhythm?</p>	<p>Can I show teamwork? Can I find my own space? Can I change direction and stop quickly? Can I practise skills to make me feel warmer? Can I explain what happens to our bodies during exercise? Can I explore ways to send a ball or other equipment? Can I play a variety of running and avoiding games? Can I participate in team games? Can I develop a simple attacking and defending techniques? Can I pass and receive a ball in different ways with increased control?</p>	<p>Can I stop the ball with basic control? Can I send a ball in the direction of another? Can I take part in sending and receiving? Can I throw, catch and bounce in different ways when standing or on the move? Can I aim at a large target? Can I push a roll a ball in different directions?</p> <p>Dance Can I perform dance actions with control and coordination? Can I link movements together to make a sequence to communicate mood and feelings? Can I begin to evaluate my own and others and suggest ways to improve?</p>	<p>Can I copy and repeat sequences and actions? Can I show contrasts in shape such as small/tall, straight/curved, wide/narrow? Can I perform basic gymnastic actions with some coordination control? Can I begin to describe my own and others' work? Can I make suggestions for improvements with help?</p>	<p>Can I stop the ball with basic control? Can I send a ball in the direction of another? Can I take part in sending and receiving? Can I throw, catch and bounce in different ways when standing or on the move? Can I aim at a large target? Can I use and vary simple tactics? Can I begin to strike a ball with my hands? Can I start to develop new skills relevant to specific invasion/net & wall/ striking & fielding games?</p>	<p>Can I control my body at different speeds? Can I run with increasing speed? Can I jump with two feet? Can I jump with one foot? Can I jump from a standing position? Can I throw an object with two hands using the correct techniques?</p>
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Year 2

<p>Can I follow a simple set of rules? Can I begin to make up rules for a simple game? Can I recognise and talk about changes in my body when I exercise? e.g. pulse, sweating, blood flow etc. Can I describe why being active is good for my body and provide examples? Can I follow a teacher led warm up and cool down and then start leading my own to peers? Can I work cooperatively in pairs and groups and show team work? Can I begin to skip with a rope and jump accurately? Can I jump with rhythm and in time?</p>	<p>Can I recognise how to work with a partner in the best way? Can I use different rules and tactics for invasion games? Can I make it difficult for opponents? Can I describe what is happening and copy others' ideas, skills and tactics? Can I participate in team games? Can I understand and develop tactics for attacking and defending? Can I describe what happens to our bodies during exercise?</p>	<p>Can I stop the ball with basic control using different parts of my body? Can I send a ball in the direction of another in different ways? Can I take part in sending and receiving using a variety of throwing and catching techniques? Can I throw, catch and bounce in different ways when standing or on the move? Can I aim at a large target using different objects? Can I use and vary simple tactics? Can I start to develop new skills relevant to specific invasion/ net & wall/ striking & fielding games?</p> <p>Dance Can I perform dance actions with control and coordination? Can I link movements together to make a sequence to communicate mood and feelings? Can I begin to evaluate my own and others and suggest ways to improve?</p>	<p>Can I plan and repeat simple sequences and actions? Can I use my body to show contrasts in shape such as small/tall, straight/curved, wide/narrow? Can I identify different ways to show contrast in shapes? Can I perform basic gymnastic actions showing good coordination control? Can I begin to describe my own and others' work using gymnastic terminology? Can I make suggestions for improvements with help and show them the examples?</p>	<p>Can I stop the ball with basic control using different parts of my body? Can I send a ball in the direction of another using different passes? Can I take part in sending and receiving using a variety of throwing and catching techniques? Can I throw, catch and bounce in different ways when standing and moving around? Can I aim at a large target using different objects? Can I use and vary simple tactics? Can I begin to strike a ball with a bat? Can I strike a ball using different objects? Can I develop new skills further to relevant to specific invasion/net & wall/ striking & fielding games?</p>	<p>Can I run at different speeds? Can I stop with good control? Can I jump from a standing position? Can I throw a variety of sized objects with one hand? Can I catch different objects with two hands? Can I catch a variety of objects using one hand?</p>
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PE: Key Stage 2

Invasion Games Emphasis on sending and receiving using hands or feet. E.g. football, handball and netball.	Gymnastic Activities	Invasion Games Emphasis on sending and receiving using a piece of equipment. E.g. hockey and lacrosse.	Net and wall E.g. badminton, tennis and volleyball	Striking and Fielding E.g. rounders variations, softball, baseball and cricket.	Athletic activities Run, jump and throwing events
<i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>	<i>perform dances using a range of movement patterns develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i>	<i>take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i>	<i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>	<i>use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i>

Year 3

<p>Can I follow rules for simple invasion game?</p> <p>Can I start to modify and change game rules?</p> <p>Can I improve my ability by selecting and applying simple tactics in an invasion game?</p> <p>Can I try to keep possession for a reasonable length of time?</p> <p>Can I work cooperatively as part of a team?</p>	<p>Can I start to use my own ideas for movement in response to a task?</p> <p>Can I identify and perform sequences of contrasting actions?</p> <p>Can I begin to evaluate my own and other gymnasts' and suggest ways to improve?</p> <p>Can I link movements together with reasonable precision?</p>	<p>Can I follow rules for simple invasion game?</p> <p>Can I start to modify and change game rules?</p> <p>Can I improve my ability by selecting and applying simple tactics in an invasion game?</p> <p>Can I try to keep possession for a reasonable length of time?</p> <p>Can I work cooperatively as part of a team?</p>	<p>Can I stop/catch a ball with reasonable control?</p> <p>Can I pass a ball to another person with some accuracy?</p> <p>Can I take part in opposed conditioned games?</p> <p>Can I consolidate my striking skills and improve my control and quality?</p> <p>Can I select and apply appropriate skills and simple tactics in net and wall games?</p> <p>Can I follow the rules of a net and wall games?</p>	<p>Can I strike a ball?</p> <p>Can I field and intercept a ball and return it?</p> <p>Can I begin to select and apply appropriate skills and simple tactics in striking and fielding?</p> <p>Can I follow the rules of a striking and fielding game?</p>	<p>Can I change speed and direction whilst running?</p> <p>Can I jump accurately from a standing position and demonstrate different combinations of jumps?</p> <p>Can I throw a variety of objects with one hand towards a target area?</p> <p>Can I recognise that there are different throwing, running and jumping styles?</p> <p>Can I watch and describe how others move and suggest ways to improve?</p>
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Year 4

<p>Can I make up my own rules for simple invasion games and modify and change them? Can I select and apply different tactics in an invasion game? Can I keep possession for a reasonable length of time without being meant by an opponent? Can I select and use appropriate skills and simple tactics in invasion games? Can I work cooperatively in a team showing good team work skills?</p>	<p>Can I use a great number of my own ideas for movement in response to a task? Can I choose and plan my own sequences of contrasting actions? Can I begin to evaluate my own and other gymnasts' and suggest ways to improve and share examples? Can I link movements together with precision?</p>	<p>Can I make up my own rules for simple invasion games and modify and change them? Can I select and apply different tactics in an invasion game? Can I keep possession for a reasonable length of time without being meant by an opponent? Can I select and use appropriate skills and simple tactics in invasion games? Can I work cooperatively in a team showing good team work skills?</p>	<p>Can I stop/catch a ball with control? Can I pass a ball to another person with some accuracy using both hands and feet? Can I take part in opposed conditioned games using different tactics? Can I use striking skills to improve my control and quality? Can I select and apply appropriate skills and simple tactics in net and wall games? Can I follow the rules of a net game and suggest how they can be adapted?</p>	<p>Can I strike a ball using different objects? Can I field and intercept a ball and return it to a peer with accuracy? Can I select and apply appropriate skills and simple tactics in striking and fielding? Can I follow the rules of a striking and fielding game and start to suggest how they can be adapted?</p>	<p>Can I change speed and direction whilst running and stop with control? Can I jump accurately from a standing position and demonstrate different combinations of jumps using one and two feet? Can I throw a variety of objects with one hand towards a target area? Can I recognise and use that there are different throwing, running and jumping styles and be able to use them appropriately? Can I watch and describe how others move and suggest ways to improve?</p>
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Year 5

<p>Can I use basic technique for passing and shooting in small sided games and can pass and shoot with reasonable accuracy and some success? Can I demonstrate some techniques showing some control to gain an advance over opponent?</p>	<p>Can I perform a number of agility movements, shapes and balances with reasonable control? Can I using a variety of methods to create a more complex sequences? Can I adapt sequences for different ability partners? Can I demonstrate my work showing elements of creativity? Can I improve my own performance after observing others and suggesting ways they could improve?</p>	<p>Can I use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success? Can I demonstrate techniques to gain an advance over opponent? Can I be tactically aware and respond to situations with a degree of variety? Can I see the difference between my own performance and that of others? Can I work cooperatively as part of a team and</p>	<p>Can I use basic skills and techniques in a small sided game and can replicate shots with reasonable accuracy and success? Can I demonstrate techniques usually applied with coordination and control to gain an advance over an opponent? Can I start to maintain a conditioned rally with varying degree of success and use basic game strategies? Can I use a variety of tactics and think of ways to improve performance?</p>	<p>Can I replicate basic striking and fielding skills on most occasions with some control and direction? Can I bowl with reasonable control, catching and varying success and can throw a ball back with moderate aim? Can I think of ways to improve my performance?</p>	<p>Can I accurately replicate techniques for running, jumping and throwing activities? Can I identify some of the basic principles of technique? Can I have reasonable success across all athletics and begin to achieve goals for future events? Can I recognise the factors which make an effective performance?</p>
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	Can I describe how to refine, improve and modify performance?	understand why it is important to respect team mates and opponents?	Can I keep to the rules of a net/wall games and suggest how they can be adapted?		
Year 6					
<p>Can I use different techniques for passing and shooting in small sided games?</p> <p>Can I pass and shoot with accuracy and some success?</p> <p>Can I demonstrate techniques usually applied with coordination and some control to gain an advance over opponent?</p>	<p>Can I perform a number of agility movements, shapes and balances with good control and can use them to make more complex sequences?</p> <p>Can I adapt sequences to suit different types of apparatus and my partner's ability?</p> <p>Can I demonstrate with a degree of creativity, partner's sequences and try to improve my own performance after observing others and suggesting ways they could improve?</p> <p>Can I describe how to refine, improve and modify performance and provide examples?</p>	<p>Can I use a variety of techniques for passing and shooting in a small sided game and can pass and shoot with accuracy and some success?</p> <p>Can I demonstrate techniques usually applied with coordination and some control to gain an advance over opponent?</p> <p>Can I be tactically aware and respond to situations with a degree of variety?</p> <p>Can I see the difference between my own performance and that of others and describe the similarities and differences?</p> <p>Can I work cooperatively as part of a team and understand why it is important to respect team mates and opponents?</p> <p>Can I explain and describe the key elements of team work?</p>	<p>Can I use basic skills and techniques in a small sided game and can replicate shots with reasonable accuracy and success?</p> <p>Can I demonstrate techniques usually applied with coordination and control to gain an advance over an opponent?</p> <p>Can I start to maintain a conditioned rally with varying degree of success and use basic game strategies?</p> <p>Can I use a variety of tactics and think of ways to improve performance?</p> <p>Can I keep to the rules of a net/wall games and suggest how they can be adapted?</p>	<p>Can I replicate striking and fielding skills on most occasions with control and accurate direction?</p> <p>Can I bowl with good control, catching and varying success and can throw a ball back with good aim?</p> <p>Can I apply a variety of tactics and think of ways to improve performance?</p> <p>Can I support others by identifying areas of development?</p>	<p>Can I accurately replicate techniques for running, jumping and throwing activities?</p> <p>Can I identify and recall the basic principles of technique?</p> <p>Can I show success across all athletics and begin to achieve goals for future events?</p> <p>Can I comment on some of the factors which make an effective performance?</p>