



Southfields Junior School

Athletics *PE Assessment*



Level 1	Level 2	Level 3	Level 4	Level 5
I can run at different speeds	I can change speed and direction whilst running	I can run at a speed appropriate to the distance I am running	I can improve and sustain running technique at different speeds	I can demonstrate good control, strength, speed and stamina in a variety of athletic events
I can jump from a standing position	I can jump accurately from a standing position	I can take a running jump	I can demonstrate accuracy and technique in a range of throwing and jumping actions	I understand how to apply athletic skills and tactics to the competitive situation
I can throw an object with one hand	I can throw a variety of objects with one hand	I can demonstrate a range of throwing actions using a variety of objects	I can identify and explain good athletic performances	I can explain how to improve technique in a variety of events
I can recognise changes in the body during exercise	I can recognise a change in temperature and heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping and throwing	I understand and can explain the short and long term effects of exercise and I understand the need for specific warm up and cool down



Southfields Junior School

Dance

PE Assessment



Level 1	Level 2	Level 3	Level 4	Level 5
I can copy and explore basic body patterns and movements	I can perform with control and co-ordination	I can improvise freely on my own and with a partner	I can demonstrate precision, control and fluency in response to stimuli	I can perform and create motifs in a variety of dance styles with accuracy and consistency
I can remember simple dance steps and can perform in a controlled manner	I can respond imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement	I can vary dynamics and develop actions with a partner or as part of a group	I can select and use a wide range of compositional skills to demonstrate ideas
I can choose actions and link them with sounds and music	I can vary dynamics, levels, speed and direction	I can compare, develop and adapt movement and motifs to create longer dances. I can use dance vocabulary to compare and improve my work	I continually demonstrate rhythm and spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge and understanding
I can safely perform teacher led warm-ups and can describe and discuss other work	I can discuss my own and others performances with simple vocabulary. I understand the need for warm up and cool down	I understand working safely. I recognise changes in my body and I can give reasons why PE is good for my health.	I can modify my performance and that of others as a result of observation and basic understanding of the structure of the body	I can lead my own warm up and demonstrate all round safe practice



Southfields Junior School

Gymnastics *PE Assessment*



Level 1	Level 2	Level 3	Level 4	Level 5
I can copy and explore basic actions with some control and co-ordination	I can copy, remember, explore and repeat simple actions at varying speeds and levels	I can copy, remember, explore and repeat simple actions, and link and vary ideas with control and co-ordination	I can link ideas, skills and techniques with control, precision and fluency when performing basic skills	I can perform and create movement sequences with some complex skills and can display accuracy and consistency
I have begun to choose and link basic actions, and I can recognise and use space appropriately	I am beginning to select simple actions to construct basic sequences	I can apply compositional ideas to sequences alone and with others	I understand composition by performing more complex sequences	I can select and use a wide range of compositional skills in complex sequences alone and in groups. I show an ability to innovate
I can watch and discuss my own work and that of my peers	I am beginning to identify the difference between my performance and that of others	I can describe my own and others work noting similarities and differences. I can make suggestions for improvements	I can describe how to refine, improve and modify performances	I can analyse skills and can suggest ways to improve quality of performance showing sound knowledge and understanding
I can safely perform teacher led warm-up and I am aware of others	I understand the need for warm up and cool down, and also what is happening to my body during exercise	I understand working safely. I recognise changes in my body and can give reasons why PE is good for health	I can demonstrate specific aspects or warm-up and describe effects of exercise on the body	I can lead own warm-up and demonstrate all round safe practice



Southfields Junior School

Games/Invasion games *PE Assessment*



Level 1	Level 2	Level 3	Level 4	Level 5
I can stop a ball with basic control	I can stop/catch a ball with control	I am beginning to influence opposed conditioned games	I can control and catch a ball and accurately pass whilst moving	I can control movement with a ball in opposed situations whilst moving
I can send a ball in the direction of another person	I can pass a ball to someone else	I can control and catch a ball with movement	I can take part in conditioned games with understanding of tactics and rules	I can combine accurate passing skills/techniques in game
I can take part in sending and receiving	I can take part in opposed conditioned games	I can accurately pass to someone else	I can move with a ball in opposed situations	I can advise and help others in their techniques in a game
I can talk about exercising, safety and short term effects of exercise	I understand about exercising, safety and short term effects of exercise	I can move with a ball	I understand/use principles of warm up and why exercise is good for health	I understand and explain short term effects of exercise, warming and cooling
		I can talk about reasons for warming up/why exercise is good for health		I understand and can explain long term effects of exercise