

Key Skills Assessment Criteria

Subject: P.E



Nursery	<p>Throughout nursery the children will cover these objectives:</p> <ul style="list-style-type: none"> • Runs safely on whole foot. (Physical Development, Moving and Handling 22-36) • Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. (Physical Development, Moving and Handling 22-36) • Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. (Physical Development, Moving and Handling 22-36) • Can kick a large ball. (Physical Development, Moving and Handling 22-36) • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (Physical Development, Moving and Handling 30-50) • Mounts stairs, steps or climbing equipment using alternate feet. (Physical Development, Moving and Handling 30-50) • Walks downstairs, two feet to each step while carrying a small object. (Physical Development, Moving and Handling 30-50) • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. (Physical Development, Moving and Handling 30-50) • Can stand momentarily on one foot when shown. (Physical Development, Moving and Handling 30-50) • Can catch a large ball. (Physical Development, Moving and Handling 40-60) • Experiments with different ways of moving. (Physical Development, Moving and Handling 40-60) • Jumps off an object and lands appropriately. (Physical Development, Moving and Handling 40-60) • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (Physical Development, Moving and Handling 40-60) • Travels with confidence and skill around, under, over and through balancing and climbing equipment. (Physical Development, Moving and Handling 40-60) • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (Physical Development, Moving and Handling 40-60) • Observes the effects of activity on their bodies. (Physical Development, Health and Self Care 30-50) • Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. (Physical Development, Health and Self Care 40-60) • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. (Physical Development, Health and Self Care 40-60)
Reception	<p>Early Learning Goals</p> <p>Moving and Handling: Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>Health and Self-care: Children know the importance for good health of physical exercise, a healthy diet and talk about the ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>

<p>Dance- Improvise on actions in response to stimuli of natural elements and story. Vary levels of speed. Recognise and use a variety of body shapes To be able to negotiate space confidently, using appropriate strategies. Watch and copy simple actions and sequences. Simply show (using strategies) whether they enjoyed something or not.</p>	<p>Yoga (Taught by LSSP)</p> <p>Breathing techniques Basic sitting techniques Basic standing techniques Holding a pose</p>	<p>Fundamental skills- To be able to move and stop confidently, negotiating the space around them effectively. Show good control over their bodies when exploring different skills. Start showing an ability to use their dominate hand to work with a partner in different activities. Explore and use skills effectively for particular games: Roll a ball or hoop, Throw a ball underarm, Explore balancing.</p> <p>Catch up curriculum objectives: Can catch a large ball. (Physical Development, Moving and Handling 40-60) Travels with confidence and skill around, under, over and through balancing and climbing equipment. (Physical Development, Moving and Handling 40-60) Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (Physical Development, Moving and Handling 40-60)</p>	<p>Gymnastics (Taught by LSSP)- Explore different body shapes Copy different shapes and movements Move confidently and safely in their own and general space. (Negotiating space effectively – under, round, over equipment and obstacles) Improve the quality of their actions, body shapes and balance Move and stop, recognising both commands and acting upon them immediately. Copy simple movements and simple sequences. Make shapes with their bodies, according to commands. Jump off an object and land appropriately.</p>	<p>Dance- Explore actions in response to stimuli of natural elements and story. Copy and explore body shapes Explore and copy basic body actions and rhythms. To be able to use their bodies to imitate motifs from stories and topics such as animals, trees, etc...</p>	<p>Athletics- Develop skills from the 3 main aspects of athletics – running, jumping and throwing, Develop the following skills: Vary speed of running based on commands given. Use comparative language i.e. faster, longer, and be able to physically demonstrate this.</p> <p>Catch up curriculum objectives: Walks downstairs, two feet to each step while carrying a small object. (Physical Development, Moving and Handling 30-50)</p>
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	Games	Dance	Gymnastics / Yoga	Swimming
1	<p>Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking Choose and use skills effectively for particular games, understand the concepts of aiming, hitting into space</p> <p>Catch up curriculum objectives: Start showing an ability to use their dominate hand to work with a partner in different activities. Explore and use skills effectively for particular games: Roll a ball or hoop, Throw a ball underarm, Explore balancing Develop skills from the 3 main aspects of athletics – running, jumping and throwing, Develop the following skills: Vary speed of running based on commands given. Use comparative language i.e. faster, longer, and</p>	<p>Explore movements, including gesture, travel and stillness Perform phrases creating simple movement patterns</p> <p>Catch up curriculum objectives: Copy simple movements and simple sequences. Make shapes with their bodies, according to commands. Jump off an object and land appropriately.</p>	<p>Explore gymnastic movements- travelling, balancing exploring levels and stillness Watch, copy and describe what others have done</p> <p>Breathing techniques Basic sitting techniques Basic standing techniques Holding a pose</p> <p>Catch up curriculum objectives To be able to move and stop confidently, negotiating the space around them effectively. Show good control over their bodies when exploring different skills.</p>	

	be able to physically demonstrate this.			
2	<p>Pass a ball accurately to a partner/target over a variety of distances</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Catch up curriculum objectives:</p> <p>Striking an object in the correct direction using an underarm hitting technique Throwing a variety of objects with increased accuracy Hit the ball with increased accuracy using a racket Recognise best techniques for fielding/defending and understanding where to stand</p>	<p>Use movements to reflect the mood of the music</p> <p>Perform dances using simple movements and patterns</p>	<p>Use simple apparatus safely and with confidence</p> <p>Extend their agility balance and coordination individually and with others</p> <p>Breathing techniques Basic sitting techniques Basic standing techniques Holding a pose</p>	

	Games	Dance	Gymnastics / Yoga	Athletics	Swimming
3	<p>Use a range of skills to help them keep possession and control of the ball</p> <p>Use a range of skills to keep possession and make progress towards a goal, on their own and with others</p> <p>Choose good places to stand when receiving, and give reasons for their choice</p> <p>Catch up curriculum objectives:</p> <p>Throwing a ball at a target with increased accuracy</p> <p>Take part in opposed conditioned games and begin to understand tactics while making simple attacking and defending decisions thinking about how to cause a problem for opposition</p> <p>Hit the ball with increased control and accuracy using a selection of bats</p> <p>Catch a moving ball</p>	<p>Improvise freely, on their own or with a partner</p> <p>Translate ideas into a dance</p> <p>Catch up curriculum objectives:</p> <p>Recognise how their body feels and begin to describe it</p>	<p>Improve the quality of their actions, body shapes and balance</p> <p>Select appropriate actions and consolidate simple ideas</p> <p>To develop controlled movement and flexibility. To develop an understanding of what yoga is. To show control when copying and repeating yoga poses. To develop strength and co-ordination in yoga poses. To show control and technique when working with a partner to create poses.</p> <p>Catch up curriculum objectives:</p> <p>Recognise how their body feels and begin to describe it</p>	<p>Develop skills from the 3 main aspects of athletics – running, jumping and throwing</p> <p>Link running and jumping movements</p> <p>Catch up curriculum objectives:</p> <p>Link running and jumping movements</p> <p>Recognise how their body feels and begin to describe it</p>	
4	<p>Strike a ball with intent and throw it more accurately when bowling and/or fielding</p> <p>Use a range of skills with increasing control</p> <p>Effectively play a competitive net / wall game</p> <p>Keep and use rules they are given</p> <p>Catch up curriculum objectives:</p> <p>Use a range of skills to help them keep possession and control of the ball</p>	<p>Explore and create characters and narratives</p> <p>Create motifs</p> <p>Evaluate their own performance and comment on improvements</p>	<p>Develop a range of actions, body shapes and include a performance</p> <p>Create gymnastic sequences that meet a theme or set of objectives</p> <p>Make simple judgments on their own and others work</p> <p>To develop controlled movement and flexibility. To develop an understanding of what yoga</p>	<p>Can demonstrate agility and speed</p> <p>Jump for height and distance with control and balance</p> <p>Throw with speed and power and apply appropriate force</p>	

	<p>Striking with accuracy, Fielding- throwing and catching with control and accuracy Suggest warm up activities</p> <p>Perform the basic skills needed for the games with control and consistency,</p> <p>Begin to understand tactics and rules of a game and the basics of positioning, defending and attacking.</p>		<p>is. To show control when copying and repeating yoga poses. To develop strength and co-ordination in yoga poses. To show control and technique when working with a partner to create poses.</p>	<p>Catch up curriculum objectives: Develop skills from the 3 main aspects of athletics – running, jumping and throwing, Link running and jumping movements Demonstrate a range of throwing actions using a variety of objects</p>	
5	<p>Use a range of techniques when passing, eg high, low, bounced, fast, slow Hit the ball with purpose, varying speed, height and direction</p> <p>Understand attacking and defending principles within a game situation</p> <p>Catch up curriculum objectives: Travel with a ball showing changes of speed and directions using either foot or hand Control and catch a ball and accurately pass whilst moving and under pressure Attacking successfully through tactics Strike a ball with intent and throw it more accurately when bowling and/or fielding Strike a ball with intent and throw it more accurately when bowling and/or fielding, Use a range of skills with increasing control, Understand and effectively position themselves to impact the game</p>	<p>Explore ideas from different dance styles Compose dances expressively</p> <p>Catch up curriculum objectives: Show controlled movements and body actions in response to specific instructions,</p>	<p>Perform actions in a fluent and consistent performance Evaluate and improve their own and other work</p> <p>To show control and technique when working with a partner to create poses. To show balance, control and co-ordination in yoga poses. To copy and create poses in an animal flow. To copy and repeat a Summer flow showing control and co-ordination. I can copy a yoga flow, changing my breath to match the poses.</p>	<p>Use running, jumping and throwing; investigated in small groups different ways of performing these activities Used a variety of equipment, ways of measuring and timing and compared the effectiveness of different styles of runs, jumps and throws.</p> <p>Catch up curriculum objectives: Jump for height and distance with control and balance, Throw with speed and power and apply appropriate force Run at speed appropriate to the distance I am running.</p>	<p>Consolidate and develop the quality of their skills e.g. front crawl, back crawl, breaststroke, floating, and survival skills Swim competently, confidently and proficiently over a distance of at least 25 metres Choose and use a variety of strokes and skills, according to the task and the challenge e.g. swimming without aids, distance and time challenges</p>
6	<p>Combine and perform skills with control, adapting them to meet the needs of the situation Play competitive games (modified where appropriate) showing tactical awareness of attacking and defending and some knowledge of rules and scoring Respond consistently in the games they play, choosing and using skills which meet the needs of the situation and learn how to evaluate and recognise their own success</p> <p>Catch up curriculum objectives: Use a range of techniques when passing, eg high, low, bounced, fast, slow Control movement with a ball in opposed situation whilst moving. Use running, jumping and throwing;</p>	<p>Perform dances created by using a range of movements and patterns independently and in small groups Comment on their own work and the work of others and compare with previous performances</p> <p>Catch up curriculum objectives: Lead small groups for warm ups</p>	<p>Combine and perform gymnastic actions, shapes and balances fluently using a range of flexibility and control Evaluate their own work and the work of others and suggest ways to improve</p> <p>To show control and technique when working with a partner to create poses. To show balance, control and co-ordination in yoga poses. To copy and create poses in an animal flow. To copy and repeat a Summer flow showing control and co-ordination. I can copy a yoga flow, changing my breath to match the poses.</p>	<p>Develop flexibility, strength, technique, control and balance through athletics Can sustain pace over short and longer distances and identify how to improve their performance Are able to identify key strengths of a performer when running, jumping and throwing</p> <p>Catch up curriculum objectives: Demonstrate accuracy and technique in a range of throwing and jumping actions. Identify and explain good athletic performance.</p>	

	<p>investigate in small groups different ways of performing these activities and how to improve technique</p> <p>Lead small groups for warm ups</p> <p>Hit the ball with purpose, varying speed, height and direction</p> <p>Continue to control movement with a ball in opposed situation whilst moving.</p> <p>Combine accurate passing skills/ techniques in a game.</p>				
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