Dobcroft Infant School KS1 PE Assessment Grid

Name of pupil: \_ \_

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| **Year** | **Year 1** | Date achieved | **Year 2** | Date achieved | **Year 3** | Date achieved |
| **Area** |  |  |  |  |  |  |
| **General** | Pupil can listen to and follow instructions. |  | Pupils can change for PE in less than 10 minutes. |  | Pupils can organise, set out and put away basic small equipment. |  |
| Pupils knows how to keep themselves and others sage in different environments. |  | Pupil knows and can explain how to keep themselves and other safe in different environments. |  | Pupil can understand and demonstrate working safely in different environments and with different equipment. |  |
| Pupils can talk about exercising, safety & short term effects of exercise e.g. getting out of breath. |  | Pupil understands about exercising, safety & short term effects of exercise in relation to change in temperature & heart rate. |  | Pupil can explain reasons for warming up / why exercise is good for health. |  |
| Pupils can safely perform teacher led warm ups. |  | Pupil understands the need for a warm up & cool down. |  | Pupils can describe their own & others work noting similarities & differences. Pupils can suggest improvements. |  |
| Pupils can watch, listen to & discuss own work & that of their peers and suggest improvements. |  | Pupil can work co-operatively in small group. |  | Pupil can move from changing to a starter activity independently. |  |
| Pupil can start to identify the different between their own performance & that of others. |  | Pupil can use problem solving to find a solution to a situation. |  |
| **Games** | Pupil can stop a ball with basic control and send a ball in the direction of another person. |  | Pupil can stop / catch a ball with control and pass a ball to someone else, or direct it at a target. |  | Pupil can control and catch a ball with movement and accurately pass to someone else to retain possession. |  |
| Pupil can throw overarm and underarm. |  |
| Pupil can travel in different directions and pathways with and without equipment. |  | Pupil can move with and without equipment in a purposeful pathway. |  | Pupil is beginning to influence opposed conditioned game. |  |
| Pupil can follow simple games rules. |  | Pupil can follow a number of defined rules. |  | Pupil can field from a hit ball, chasing after a ball to retrieve. |  |
| Pupil can take part in both sending and receiving a ball both on their own and with a partner. |  | Pupil can take part in opposed conditioned games ( 3 v 1 ) |  | Pupil can ‘rally’ or ‘pass’ in sequence to maintain possession or advantage. |  |
| Pupil can control a ball with a stick / bat to bounce or strike. Pupil knows when to pass. |  | Pupil understands specific attacking and defending skills of marking a player, creating and reducing space. |  |
| **Dance / Gymnastics** | Pupil can copy & explore basic body patterns, shapes & movements ie. Turn, jump, balance, pike, straddle, straight, pike with some control & co-ordination. |  | Pupil can perform with control & co-ordination. Pupil can copy, remember, explore & repeat 3 simple actions a varying speed, levels, shape and direction. |  | Pupil can make the right decision about choice of speed, level, shape, space and use of body part and equipment to improve their performance. |  |
| Pupil can devise and repeat a sequence of 3 actions with a clear start and finish. |  | Pupil can translate ideas from a variety of stimuli into movement. Pupil can apply compositional ideas to sequences alone & with other on floor and using apparatus. |  |
| Pupil can copy and repeat a sequence of 3 actions with a simple start and finish & perform in a controlled manner. |  | Pupil can add a jump, turn or balance to link movements. |  | Pupil can compare, develop & adapt movement & motifs to create longer dances. |  |
| Pupil can respond imaginatively to a variety or stimuli. |  | Pupil can use dance and gym vocabulary to compare & improve their work. |
| **Athletics** | Pupil can run at different speeds and show basic control when hopping on either leg, jumping and running. |  | Pupil can change speed & direction whilst running. |  | Pupil can run at speed appropriate to the distance they are running, including sprinting. |  |
|  | Pupil can perform a combination of hop, skips and jumps such as hopscotch. |  | Pupil can take a running jump and can jump to increase height and distance and know how to do this. |  |
| Pupil can demonstrate a range of throwing actions using various objects, underarm and overarm. |  |
|  | Pupil can challenge themselves to keep going and can sustain vigorous activity for 20 minutes. |  | Pupil can continuously run for over 8 minutes (y3). |  |
| Pupil can challenge themselves to keep going and can sustain vigorous activity for 30 minutes. |  |