

Year 5+6 PE Assessment

Red - National curriculum

Blue - Skills curriculum (there to support teachers when assessing)

	<p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Vary speed, direction, level and body rotation during floor performances.</p> <p>Practise and refine the gymnastic techniques used in performances (listed above).</p> <p>Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</p> <p>Use equipment to vault and to swing</p>															
<p>Spring 2 - team games and racket sports</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Strike a bowled or volleyed ball with accuracy.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Use forehand and backhand when playing racket games.</p>															
<p>Summer 1 - water safety</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>															
<p>Summer 2 - track and field</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Show control in take off and landings when jumping.</p> <p>Select appropriate equipment for outdoor and adventurous activity.</p> <p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p>															

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	<p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Use a range of devices in order to orientate themselves. Quickly assess changing conditions and adapt plans to ensure safety comes</p>														
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