




Nether Green Junior School



PE Assessment – End Points


HEAD	HEART	HANDS
 1. Knowledge 2. Understanding 3. Analysis 4. Feedback 5. Responsibility 6. Rules	 1. Communication 2. Leadership 3. Respect 4. Resilience 5. Effort 6. Confidence	 1. Physical Ability 2. Fitness Levels 3. Competitive 4. Technique 5. Tactics 6. Problem Solving

Area	KS2			
National Curriculum	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles for attacking and defending Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of swimming strokes effectively Perform safe self-rescue in different water-based situations 			
Assessment	Whole School End Points			
	Y3	Y4	Y5	Y6
Basketball 	Begin to use simple tactics Learn the rules of the game and begin to use them honestly Dribble, pass, receive and shoot the ball with some control Find space away from others and near to the goal Provide feedback using key words Track an opponent to slow them down	Delay an opponent to help prevent the other team scoring Dribble, pass, receive and shoot the ball with increasing control Move into space to help the team keep possession and score goals Provide feedback using key terminology and understand what to do to improve Use simple tactics to help the team score or gain possession	Communicate with teammates and move into space to keep possession and score Dribble, pass, receive and shoot the ball with some control under pressure Track and intercept when playing in defence Understand the need for tactics and can identify when to use them in different situations	Create and use space to help their team Dribble, pass, receive and shoot the ball with increasing control under pressure Select the appropriate action for the situation and make the decision quickly Use the rules of the game honestly and consistently



	<p>Understand the role of an attacker and a defender</p> <p>Work cooperatively with a group to self-manage games</p>	<p>Share ideas and work with others to manage the game</p> <p>Understand the rules of the game and can use them often and honestly</p>	<p>Identify when successful and what to do to improve</p> <p>Understand the rules of the game and apply them honestly most of the time</p> <p>Understand there are different skills for different situations and can begin to apply this</p>	<p>Work collaboratively to create tactics with their team and evaluate the effectiveness of these</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise own strengths and areas for development and suggest ways to improve</p> <p>Understand when to use different styles of defence in game situations</p>
<p>OAA</p> 	<p>Develop map reading skills</p> <p>Follow and give instructions</p> <p>Listen to and accepting of others' ideas</p> <p>Plan and attempt to apply strategies to solve problems</p> <p>Reflect on when and why they were successful at solving challenges and begin to understand why</p> <p>Work collaboratively with a partner and a small group</p>	<p>Accurately follow and give instructions</p> <p>Confidently communicate ideas and listen to others</p> <p>Identify key symbols on a map and use a key to help navigate around a grid</p> <p>Plan and apply strategies to solve problems</p> <p>Reflect on when and why they were successful at solving challenges</p> <p>Work collaboratively and effectively with a partner and a small group</p>	<p>Inclusive of others and can share job roles</p> <p>Navigate around a course using a map</p> <p>Orientate a map confidently</p> <p>Reflect on when they were successful at solving challenges and alter methods in order to improve</p> <p>Use critical thinking to approach a task</p> <p>Work effectively with a partner and small group, sharing ideas and agreeing on a team strategy</p>	<p>Inclusive of others, share job roles and lead when necessary</p> <p>Orientate a map effectively to navigate around a course</p> <p>Pool ideas within a group, selecting and applying the best method to solve a problem</p> <p>Use critical thinking skills to form ideas and strategies to solve challenges</p> <p>Work effectively with a partner and a group to solve challenges</p> <p>With increasing accuracy, reflect on when and how to be successful at solving challenges and alter methods in order to improve</p>
<p>Gymnastics</p> 	<p>Adapt sequences to suit different types of apparatus</p> <p>Choose actions that flow well into one another</p> <p>Complete actions with increasing balance and control</p>	<p>Explain what happens to their body when they exercise and how this helps to make them healthy</p> <p>Plan and perform sequences with a partner that include a change of level and shape</p>	<p>Create and perform sequences using apparatus, individually and with a partner</p> <p>Lead a partner through short warm-up routines</p>	<p>Combine and perform gymnastic actions, shapes and balances with control and fluency</p> <p>Create and perform sequences using compositional devices to improve the quality</p>



	<p>Provide feedback using key words</p> <p>Use matching and contrasting actions in a partner sequence</p> <p>Use a greater number of my own ideas for movements in response to a task</p> <p>With help, to recognise how performances could be improved</p>	<p>Provide feedback using appropriate language relating to the lesson</p> <p>Safely perform balances individually and with a partner</p> <p>Watch, describe and suggest possible improvements to other's performances and their own</p> <p>Understand how body tension can improve the control and quality of their movements</p>	<p>Use canon and synchronisation, matching and mirroring when performing with a partner and a group and say how it affects the performance</p> <p>Use feedback provided to improve their performance</p> <p>Use set criteria to make simple judgements about performances and suggest ways they could be improved</p> <p>Use strength and flexibility to improve the quality of a performance</p> <p>Work safely when learning and new skill to themselves and others safe</p>	<p>Lead a small group through a short warm-up routine</p> <p>Use appropriate language to evaluate and refine their and others' performance</p> <p>Work collaboratively with others to create a sequence</p> <p>Understand how to work safely when learning a new skill</p> <p>Understand what counter balance and counter tension is and can show examples with a partner</p>
<p>Dance</p> 	<p>Respectful of others when watching them perform</p> <p>Provide feedback using key words</p> <p>Repeat, remember and perform a dance phrase</p> <p>Use counts to keep in time with a partner and group</p> <p>Use dynamic and expressive qualities in relation to an idea</p> <p>Work with a partner and in a small group, sharing ideas</p> <p>Create short dance phrases that communicates the idea</p>	<p>Choose actions and dynamics to convey a character or idea</p> <p>Copy and remember set choreography</p> <p>Provide feedback using appropriate language relating to the lesson</p> <p>Respond imaginatively to a range of stimuli relating to character and narrative</p> <p>Use changes in timing and spacing to develop a dance</p> <p>Use counts to keep in time with others and the music</p> <p>Use simple movement patterns to structure dance phrases on their own, with a partner and in a group</p>	<p>Accurately copy and repeat set choreography</p> <p>Choreograph phrases individually and with others considering actions and dynamics</p> <p>Confidently perform different styles of dance, clearly and fluently, showing a good sense of timing</p> <p>Lead a group through short warm-up routines</p> <p>Refine the way they use actions, dynamics, relationships and space in their dance in response to a stimulus</p> <p>Suggest ways to improve their own and other people's work using key terminology</p>	<p>Choreograph a dance and work safely using a prop</p> <p>Lead a small group through a short warm-up routine</p> <p>Perform dances confidently and fluently with accuracy and good timing</p> <p>Refine the way they use actions, dynamics and relationships to represent ideas, emotions, feelings and characters</p> <p>Use appropriate language to evaluate and refine their work and others' work</p> <p>Use feedback provided to improve the quality of their work</p>


		Show respect for others when working as a group and watching others perform	Use counts when choreographing to stay in time with others and the music Use feedback provided to their work	Work creatively and imaginatively on their own, with a partner and in a group to choreograph and structure dances
<p>Athletics</p> 	<p>Develop jumping for distance</p> <p>Identify when they were successful</p> <p>Take part in a relay activity, remembering when to run and what to do</p> <p>Throw a variety of objects, changing their action for accuracy and distance</p> <p>Use a different take off and landings when jumping</p> <p>Use key points to help them improve their sprinting technique</p> <p>Work with a partner and in a small group, sharing ideas</p> <p>Show determination to achieve their personal best</p>	<p>Demonstrate the difference in sprinting and jogging techniques</p> <p>Explain what happens in their body when they warm up</p> <p>Identify when they were successful and what they need to do to improve</p> <p>Jump for distance with balance and control</p> <p>Throw with some accuracy and power to a target area</p> <p>Show determination to improve their personal best</p> <p>Support and encourage others to work to their best</p>	<p>Choose the best place for a running event</p> <p>Identify good athletic performance and explain why it is good</p> <p>Perform a range of jumps showing some technique</p> <p>Show control at take-off and landing in jumping activities</p> <p>Take on the role of coach, official and timer when working in a group</p> <p>Use feedback to improve their sprinting technique</p> <p>Persevere to achieve their personal best</p> <p>Show accuracy and power when throwing for distance</p>	<p>Compete within the rules showing fair play and honesty</p> <p>Help others to improve their technique using key teaching points</p> <p>Identify their own and others' strengths and areas for development and can suggest ways to improve</p> <p>Perform jumps for distance using good technique</p> <p>Select and apply the best pace for a running event</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Understand that there are different areas of fitness and how this helps me in different activities</p> <p>Use different strategies to persevere to achieve their personal best</p>
<p>Football</p> 	<p>Beginning to use simple tactics</p> <p>Learning the rules of the game and beginning to use them to play honestly and fairly</p> <p>Dribble, pass, receive and shoot the ball with some control</p>	<p>Delay an opponent and help to prevent the other team from scoring</p> <p>Dribble, pass, receive and shoot the ball with increasing control</p> <p>Move to space to help their team to keep possession and score goals</p>	<p>Communicate with their team and move into space to keep possession and score</p> <p>Dribble, pass, receive and shoot the ball with some control under pressure</p>	<p>Create and use space to help their team</p> <p>Dribble, pass, receive and shoot the ball with increasing control under pressure</p> <p>Select the appropriate action for the situation and make this decision quickly</p>


	<p>Find space away from others and near to their goal</p> <p>Provide feedback using key works</p> <p>Track an opponent to slow them down</p> <p>Understand the role as an attacker and a defender</p> <p>Work cooperatively with their group to self-manage games</p>	<p>Provide feedback using key terminology and understand what they need to do to improve</p> <p>Use simple tactics to help their team to score or gain possession</p> <p>Share ideas and work with others to manage the game</p> <p>Understand the rules of the game and use them often and honestly</p>	<p>Identify when they were successful and what they need to do to improve</p> <p>Often make the correct decision of who to pass to and when</p> <p>Use tracking and intercepting when playing in defence</p> <p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules of the game and can use them most of the time to play honestly and fairly</p> <p>Understand there are different skills for different situations and their beginning to apply this</p>	<p>Use marking, tackling and/or interception to improve their defence</p> <p>Use the rules of the game consistently to play honestly and fairly</p> <p>Work collaboratively to create tactics with their team and evaluate the effectiveness of these</p> <p>Recognise their own and others' strengths and areas for development and can suggest ways to improve</p>
<p>Striking and Fielding</p> 	<p>Striking and Fielding Able to bowl a ball towards a target</p> <p>Beginning to strike a bowled ball after a bounce</p> <p>Developing an understanding of tactics and beginning to use them in game situations</p> <p>Learning the rules of the game and beginning to use them honestly</p> <p>Perseveres when learning a new skill</p> <p>Can provide feedback using key words</p> <p>Can use overarm and underarm throwing, and catching skills</p>	<p>Tennis</p> <p>Can communicate with their teammates to apply simple tactics</p> <p>Can explain what happens to their body when they exercise and how this helps to make them healthy</p> <p>Provide feedback using key terminology and understands what they need to do to improve</p> <p>Can return to the ready position to defend their own court</p> <p>Can sometimes play a continuous game</p> <p>Can use a range of basic racket skills</p> <p>Shares ideas and works with others to manage their game</p>	<p>Cricket</p> <p>Develop a wide range of fielding skills and beginning to use these under some pressure</p> <p>Identify when they were successful and what they need to do to improve</p> <p>Strike a bowled ball with increasing consistency</p> <p>Work cooperatively with others to manage their game</p> <p>Understand the need for tactics and can identify when to use them in different situations</p>	<p>Rounders</p> <p>Strike a bowled ball with increasing consistency</p> <p>Use a wide range of skills with increasing control under pressure</p> <p>Use the rules of the game consistently to play fairly</p> <p>Work collaboratively with others to get batters out</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise their own and others strengths, areas for development and can suggest ways to improve</p>


	Works cooperatively with their group to self-manage games	Understands the rules of the game and can use them often and honestly	Understand the rules of the game and can apply them honestly most of the time Understand there are different skills for different situations and are beginning to use this	Understand and apply some tactics in the game as a batter, bowler and fielder
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Assessment	Lower Key Stage 2 End Points	
	Y3	Y4
Hockey 	<p>Beginning to use simple tactics</p> <p>Learning the rules of the game and beginning to use them honestly</p> <p>Dribble, pass, receive and shoot the ball with some control</p> <p>Find space away from others and near to their goal</p> <p>Provide feedback using key words</p> <p>Track and opponent to slow them down</p> <p>Understand the role as an attacker and as a defender</p> <p>Work cooperatively with their group to self-manage games</p>	<p>Delay an opponent and help to prevent the other team from scoring</p> <p>Dribble, pass, receive and shoot the ball with increasing control</p> <p>Move to space to help their team to keep possession and score goals</p> <p>Provide feedback using key terminology and understand what they need to do to improve</p> <p>Use simple tactics to help their team score or gain possession</p> <p>Share ideas and work with others to manage the game</p> <p>Understand the rules of the game and can use them often and honestly</p>
Fundamentals 	<p>Able to jump and turn a skipping rope</p> <p>Change direction quickly</p> <p>Identify when they were successful</p> <p>Link hopping and jumping actions</p>	<p>Change direction quickly under pressure</p> <p>Explain what happens when they exercise</p> <p>Identify when they was successful and they need to do to improve</p>


	<p>Demonstrate balance when performing other fundamental skills</p> <p>Understand how the body moves differently at different speeds</p> <p>Understand why it is important to warm up</p>	<p>Link hopping and jumping actions with other fundamental skills</p> <p>Work with others to complete skipping challenges</p> <p>Demonstrate good balance and control when performing other fundamental skills</p> <p>Understand and can demonstrate how and when to speed up and slow down when running</p>
<p>Ball Skills</p> 	<p>Catch different sized objects with increasing consistency with two hands</p> <p>Dribble a ball with control</p> <p>Persevere when learning a new skill</p> <p>Provide feedback using key words</p> <p>Show a variety of throwing techniques</p> <p>Throw with accuracy and increasing consistency to a target</p> <p>Track the path of a ball that is not sent directly to them</p>	<p>Accurately use a range of throwing techniques to throw to a target</p> <p>Catch different sized objects with increasing consistency with one and two hands</p> <p>Consistently track the path of a ball that is not sent directly to them</p> <p>Dribble a ball with increasing control and coordination</p> <p>Persevere when learning a new skill</p> <p>Provide feedback using key terminology and understand what they need to do to improve</p>
<p>Fitness</p> 	<p>Collect and record scores, recognising their own strengths</p> <p>Complete exercises with control</p> <p>Persevere when they find a challenge hard</p> <p>Provide feedback using key words</p>	<p>Collect and record their scores and identify areas where they need to improve</p> <p>Use key points to help them improve their sprinting technique</p> <p>Share ideas and work with others to manage activities</p>

	<p>Use key points to help them improve their sprinting technique</p> <p>Work safely with others</p> <p>Show balance when changing direction</p> <p>Understand that there are different areas of fitness</p>	<p>Show balance when changing direction at speed</p> <p>Show control when completing activities to improve balance</p> <p>Show determination to continue working over a period of time</p> <p>Understand there are different areas of fitness and that each area challenges to their body differently</p>
<p>Yoga</p> 	<p>Copy and link yoga poses together to create a short flow</p> <p>Describe how yoga makes them feel</p> <p>Move from one pose to another in time with their breath</p> <p>Provide feedback using key words</p> <p>Work with others to create a flow including a number of poses</p> <p>Show some stability when holding their yoga poses</p>	<p>Describe how yoga makes them feel and can talk about the benefits of yoga</p> <p>Can link poses together to create a yoga flow</p> <p>Transition from pose to pose in time with their breath</p> <p>Demonstrate yoga poses which show clear shapes</p> <p>Show increasing control and balance when moving from one pose to another</p>

Assessment	Upper Key Stage 2	
	Y5	Y6
<p>Netball</p> 	<p>Communicate with their team and move into space to keep possession and score</p> <p>Identify when they were successful and what they need to do to improve</p> <p>Pass, receive and shoot the ball with some control under pressure</p>	<p>Can create and use space to help their team</p> <p>Pass, receive and shoot the ball with increasing control under pressure</p> <p>Can select the appropriate action for the situation and make this decision quickly</p>

	<p>Stay with an opponent and are confident to attempt an intercept</p> <p>Know what position they are playing in and how to contribute when attacking and defending</p> <p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules of the game and can apply them honestly most of the time</p> <p>Understand there are different skills for different situations and are beginning to apply this</p>	<p>Use marking and/or interception to improve their defence</p> <p>Use the rules of the game consistently to play honestly and fairly</p> <p>Work collaboratively to create tactics with their team and evaluate the effectiveness of this</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise their own and others strengths, areas of development and suggests ways to improve</p>
<p>Handball</p> 	<p>Lead others and contribute their ideas to group work</p> <p>Use feedback provided to improve their work</p> <p>Apply defensive skills individually and as a team to gain possession, deny space and stop goals</p> <p>Dribble, pass, receive and shoot the ball with some control under pressure</p> <p>Communicates with their team and moves into space to help maintain possession</p> <p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules and can apply them honestly most of the time including refereeing</p>	<p>Confident to lead others and can contribute appropriate ideas to group work</p> <p>Confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals</p> <p>Create and use space to help their team to maintain possession and create scoring opportunities</p> <p>Perform a range of skills with control and can select the appropriate action for the situation under pressure</p> <p>Work in collaboration with others to self-manage games so that they run smoothly</p> <p>Recognise their own and others' strengths, areas for development and can suggest ways to improve</p>

		Use the rules of the game honestly and consistently when playing and referring
<p style="text-align: center;">Tag Rugby</p> 	<p>Can communicate with their team and move into space to keep possession and score</p> <p>Identify when they were successful and what they need to do to improve</p> <p>Pass and receive the ball with some control under pressure</p> <p>Tag opponents and close down space</p> <p>Know what position they are playing in and how to contribute when attacking and defending</p> <p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules of the game and can apply them honestly most of the time</p> <p>Understand there are different skills for different situations and are beginning to apply this</p>	<p>Can create and use space to help their team</p> <p>Pass and receive the ball with increasing control under pressure</p> <p>Select the appropriate action for the situation and makes this decision quickly</p> <p>Tag opponents individually and when working within a unit</p> <p>Use the rules of the game consistently to play honestly and fairly</p> <p>Work collaboratively to create tactics with their team and evaluates the effectiveness of these</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise their own and others strengths, areas for development and suggest ways to improve</p>
<p style="text-align: center;">Dodgeball</p> 	<p>Develop a wider range of skills and beginning to use these under some pressure</p> <p>Identify when they were successful and what they need to do to improve</p> <p>Throw accurately at a target</p> <p>Work cooperatively with others to manage their game</p>	<p>Can officiate and help to manage a game by refereeing</p> <p>Select the appropriate action for the situation and makes this decision quickly</p> <p>Use a wider range of skills with increasing control under pressure</p> <p>Use the rules of the game consistently to play honestly and fairly</p>

	<p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules of the game and can apply them honestly most of the time</p> <p>Understand there are different skills for different situations and beginning to use these</p>	<p>Work collaboratively to create tactics with their team and evaluate the effectiveness of this</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise their own and others strengths, areas for development and can suggest ways to improve</p>
<p style="text-align: center;">Volleyball</p> 	<p>Develop a wider range of skills and beginning to use these under some pressure</p> <p>Identify when they were successful and they need to do to improve</p> <p>Use feedback provided to improve their work</p> <p>Use the rules to referee a game</p> <p>Work co-operatively with others to manage their game</p> <p>Understand the need for tactics and can identify when to use them in different situations</p> <p>Understand the rules of the game and can apply them honestly most of the time</p> <p>Understand there are different skills for different situations and are beginning to use these</p>	<p>Confident to make decisions when refereeing</p> <p>Select the appropriate action for the situation and make this decision quickly</p> <p>Use a wider range of skills with increasing control under pressure</p> <p>Use feedback provided to improve the quality of their work</p> <p>Use the rules of the game consistently to play honestly and fairly</p> <p>Work collaboratively to create tactics with their team and evaluate the effectiveness of this</p> <p>Work in collaboration with others so that games run smoothly</p> <p>Recognise their own and others strengths, areas for development and can suggest ways to improve</p>