



# Physical Education Assessment

Developing Skills	Examples of Skills	Application of Skills: Attacking and Defending	Evaluating Success
<input type="radio"/> To be able to master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities.	<p>Examples of developing sport specific skills may include:</p> <ul style="list-style-type: none"> <li>• Chest bounce pass, swing pass catching</li> <li>• Bouncing a ball, running with a ball</li> <li>• Underarm bowl</li> <li>• Throwing overarm</li> <li>• Strike a ball with implement</li> <li>• Matched and mirrored balances</li> </ul>	<input type="radio"/> To be able to develop attacking skills in a 4 v 2 invasion game.	<input type="radio"/> To be able to describe what is successful in their own performances.
<input type="radio"/> To be able to perform using a number of sending and receiving skills with consistency and accuracy.		<input type="radio"/> To be able to apply skills and tactics in a range of other games such as net / wall or striking / fielding type of activities.	<input type="radio"/> To be able to identify aspects of their game that needs improving and say how they could go about improving them.
<input type="radio"/> To be able to travel with an object i.e. running or dribbling a ball with / without equipment.		<b>Application of Skills: Linking Actions and Movement Sequences</b>	
<input type="radio"/> To be able to perform movements, shapes and balancing that are matched and / or mirrored.		<input type="radio"/> To be able to create and perform sequences of actions ( 6 – 8 ) with control and precision in a range of activities such as gymnastics.	
<input type="radio"/> To be able to perform dances clearly and fluently, show sensitivity to the dance idea and the accompaniment.		<input type="radio"/> To be able to use simple motifs and movement patterns to structure dance phrases on their own and with a partner.	
<input type="radio"/> To be able to orientate a map consistently and accurately. Follow a simple star orienteering course and simple point to point orienteering course on school grounds recording controls.			
<input type="radio"/> To be able to work cooperatively with others to solve challenges.			

Name:

Class: