



# Physical Education Assessment

Developing Skills	Examples of Skills	Application of Skills: Attacking and Defending	Evaluating Success
<input type="radio"/> To be able to continue to develop sport specific skills, applying them with control and precision. Perform a number of travelling skills i.e. with or without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed	Examples of developing sport specific skills may include: <ul style="list-style-type: none"> <li>• Chest bounce, shoulder, swing pass, dribbling a ball, running with a ball</li> <li>• Bowl, underarm / overarm</li> <li>• Catch a small ball</li> <li>• Counter balance and counter tension with a group</li> </ul>	<input type="radio"/> To be able to collaborate as a team and apply attacking and defending skills through modified versions of 4 v 4, 5 v 5 invasion games.	<input type="radio"/> To be able to identify aspects of their own and others' performances that need improvement and suggest how to improve them i.e. which aspects were performed consistently, accurately, fluently and clearly.
<input type="radio"/> To be able to perform dances fluently and with control and perform to an accompaniment expressively and sensitively.		<input type="radio"/> To be able to apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities.	<input type="radio"/> To be able to watch performances and games and use criteria to make judgements and suggest improvements.
<input type="radio"/> To be able to follow a simple route on an OS map and keep it set and identify different features and successfully complete timed orienteering course ( competition ).		<b>Application of Skills: Linking Actions and Movement Sequences</b>	
<input type="radio"/> To be able to accept responsibility when working in a team.		<input type="radio"/> To be able to create and perform longer sequences of actions (8 – 10) with a partner that show an awareness of their audience in a range of activities such as gymnastics.	
		<input type="radio"/> To be able to work creatively and imaginatively on their own, with a partner and in a group to compose motifs and simple dances and dance.	

Name:

Class: