

P.E. Assessment Statements

Reception

I can negotiate space and obstacles safely, with consideration for myself and others.	
I can demonstrate strength, balance and coordination when playing.	
I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	

Year 1

I can master basic movements including running, jumping, throwing and catching.	
I am developing balance, agility and coordination, and begin to apply these in a range of activities.	
I can participate in team games.	
I can perform dances using simple movement patterns.	
I can describe and reflect on my own and other's actions in all aspects of P.E.	
I can verbalise and act upon the need for safety in P.E.	

Year 2

I can master basic movements including running, jumping, throwing and catching.	
I have developed balance, agility and coordination, and begin to apply these in a range of activities.	
I can participate in team games, developing simple tactics for attacking and defending.	
I have improved accuracy in striking by using rackets.	
I can perform dances using simple movement patterns.	
I can describe and reflect on my own and other's actions in all aspects of	

P.E.	
I can verbalise and act upon the need for safety in P.E.	

Year 3

I can swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively [for example, front crawl, backstroke and breaststroke].	
I can perform safe self- rescue in different water-based situations.	
I am improving my skills in running, throwing, catching and striking.	
I am beginning to learn the basic skills of orienteering.	
I am beginning to develop the necessary skills to play competitive games i.e. hockey, netball, cricket, tennis and athletics.	
I can work cooperatively, sharing ideas and evaluating work.	

Year 4

I am developing my skills in running, throwing, catching and striking.	
I can change and link movements in dance and gymnastics using speed, shape and direction.	
I have the necessary skills ready to play competitive games i.e. hockey, netball, cricket, tennis and athletics.	
I am developing outdoor and adventurous activities i.e. orienteering individually and as part of a team.	

I can evaluate performances and suggest ways to improve.	
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Year 5

I can apply safety principles when preparing for and throughout P.E.	
I can run, jump, throw and catch in isolation and in combination.	
I can play competitive games i.e. and apply basic principles suitable for attacking and defending.	
I can show flexibility, strength, technique, control and balance through gymnastics.	
I am improving my throwing, jumping and running in athletics.	
I am improving in outdoor and adventurous activities i.e. orienteering individually and as part of a team.	
I can perform dances using a range of movement patterns.	
I can compare performances with previous ones and demonstrate improvement to achieve my personal best.	

Year 6

I can apply safety principles when preparing for and throughout P.E.	
I can run, jump, throw, catch in isolation and in combination.	
I can play competitive games i.e. and apply basic principles suitable for defending/attacking and striking/fielding.	
I can draw on knowledge of strategies, tactics and composition in order to improve their own performance and show precision, control and fluency of movement in dance and gymnastics.	
I can successfully take part in outdoor and adventurous activities i.e. orienteering individually and as part of a team.	