



# PE Assessment in KS1 and KS2

In PE we assess children in three learning domains; the psychomotor domain (hands/doing), the cognitive domain (thinking/head) and the affective domain (feelings/heart).

The objectives below should form the learning objectives for each lesson. Your long term planning should include all these objectives to ensure lessons and planning is coherent.

<b>KS1 <u>Hands</u> (Doing)</b>	<b>KS1 <u>Head</u> (Thinking)</b>	<b>KS1 <u>Heart</u> (Social &amp; Emotional/Feelings)</b>
<ol style="list-style-type: none"><li>1. Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)</li><li>2. Develop competence</li><li>3. Develop agility, balance and coordination</li><li>4. Perform dances using simple movement patterns</li></ol>	<ol style="list-style-type: none"><li>1. Apply skills</li><li>2. Develop simple tactics for attacking and defending (exploiting and denying space)</li><li>3. Develop competence</li><li>4. Develop confidence</li></ol>	<ol style="list-style-type: none"><li>1. Work individually and with others</li><li>2. Develop competence</li><li>3. Develop confidence</li><li>4. Begin to show sportsmanship qualities (fairness, respect, positive attitudes)</li></ol>
Context (which is the vehicle to implement the objectives above): Team games; dance; a range of physical activities (individual and co-operative); competitive situations (against self and others).		

<b>KS2 <u>Hands</u></b> <b>(Doing)</b>	<b>KS2 <u>Head</u></b> <b>(Thinking)</b>	<b>KS2 <u>Heart</u></b> <b>(Social &amp; Emotional/Feelings)</b>
<ol style="list-style-type: none"> <li>1. Develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination)</li> <li>2. Perform dances using a range of movement patterns</li> <li>3. Develop flexibility, strength, technique, control and balance.</li> </ol>	<ol style="list-style-type: none"> <li>1. Develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination)</li> <li>2. Link skills to make actions and sequence of movement</li> <li>3. Understand how to improve</li> <li>4. Learn how to evaluate and recognise their own success</li> <li>5. Compare and improve performance with previous ones</li> <li>6. Apply basic principles suitable for attacking (penetration, support/depth, width, mobility, and improvisation/creativity)</li> <li>7. Apply basic principles suitable for defending (delay, depth, balance, concentration, composure/discipline/patience)</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoy communicating, collaborating and competing with each other</li> <li>2. Display leadership qualities</li> <li>3. Show sportsmanship qualities (fairness, respect, positive attitudes)</li> </ol>
<p>Context (which is the vehicle to implement the objectives above):  Competitive games; dance; outdoor and adventurous activity challenges; different physical activities and sports; individual and team; swimming.</p>		

All schools must provide swimming instruction either in KS1 or KS2.

In particular, pupils must be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
  - Use a range of strokes effectively such as front crawl, backstroke and breaststroke
  - Perform safe self-rescue in different water-based situations
- 

## How to assess at Northcote:

We have evidence of progress if we:

- Video (ongoing)
- I can statements (start/end of year)