



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.

KS1 <u>Hands</u> (Doing)	KS1 <u>Head</u> (Thinking)	KS1 <u>Heart</u> (Social & Emotional/Feelings)
<ol style="list-style-type: none">1. Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)2. Develop competence3. Develop agility, balance and coordination4. Perform dances using simple movement patterns	<ol style="list-style-type: none">1. Apply skills2. Develop simple tactics for attacking and defending (exploiting and denying space)3. Develop competence4. Develop confidence	<ol style="list-style-type: none">1. Work individually and with others2. Develop competence3. Develop confidence4. Begin to show sportsmanship qualities (fairness, respect, positive attitudes)
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).		

KS2 <u>Hands</u> (Doing)	KS2 <u>Head</u> (Thinking)	KS2 <u>Heart</u> (Social & Emotional/Feelings)
<ol style="list-style-type: none"> 1. Develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination) 2. Perform dances using a range of movement patterns 3. Develop flexibility, strength, technique, control and balance. 	<ol style="list-style-type: none"> 1. Develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination) 2. Link skills to make actions and sequence of movement 3. Understand how to improve 4. Learn how to evaluate and recognise their own success 5. Compare and improve performance with previous ones 6. Apply basic principles suitable for attacking (penetration, support/depth, width, mobility, and improvisation/creativity) 7. Apply basic principles suitable for defending (delay, depth, balance, concentration, composure/discipline/patience) 	<ol style="list-style-type: none"> 1. Enjoy communicating, collaborating and competing with each other 2. Display leadership qualities 3. Show sportsmanship qualities (fairness, respect, positive attitudes)
<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
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How to assess at Northcote:

We have evidence of progress if we:

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