

## Physical Education - Key Criteria Pupil Tracker

ARE - 1			Points - 1-4	
Skill	Taught	Support	Independant	Recall
I can throw underarm.				
I can hit a ball with relevant sports equipment.				
I can move and stop safely.				
I can throw and catch with both hands				
I can throw and kick in different ways.				
I can make my body curled, tense, stretched and relaxed.				
I can control my body when travelling and balancing.				
I can roll, curl, travel, jump and balance in different ways.				
I can move to music.				
I can copy dance moves.				
I can copy actions.				
I can repeat actions and skills.				
I can move with control and care.				
I can use equipmentsafely.				

ARE - 2			Points - 5-8	
Skill	Taught	Support	Independant	Recall
I can use hitting, kicking and/or				

rolling in a game.				
I am beginning to understand how to use space during a game.				
I can use one tactic in a game.				
I can follow rules.				
I can plan and perform a sequence of movements.				
I can improve my sequence based on feedback.				
I can think of more than one way to create a sequence which follows some 'rules'.				
I can work on my own and with a partner.				
I can change rhythm, speed, level and direction.				
I can move with control and coordination. (E.g. dance)				
I can make a sequence by linking sections together.				
I can use movement to show a mood or feeling. (E.g. dance)				
I can talk about what is different from what I did and what someone else did.				
I can copy sequences and repeat them.				

ARE - 3			Points - 9-12	
Skill	Taught	Support	Independant	Recall
I can throw and catch with control.				

I am aware of space and use it to support team-mates.				
I know and use rules fairly.				
I can adapt sequences to suit different types of apparatus and criteria.				
I can explain how strength and flexibility affect performance.				
I can compare and contrast gymnastic sequences.				
I can improvise freely and translate ideas from a stimulus into movement.				
I can share and create movements with a partner and small group.				
I can repeat, remember and perform movements.				
I can move at different speeds; changing speed and direction.				
I can take part in a relay, remembering when to run and what to do.				
I can take part in outdoor or adventurous activities.				

ARE - 4			Points - 13-16	
Skill	Taught	Support	Independant	Recall
I can catch with one hand.				
I can throw and catch accurately.				
I can hit a ball accurately with control.				

I can keep possession of the ball.				
I can vary tactics and adapt skills depending on what is happening in a game.				
I can include change of speed and direction in an activity.				
I can work with a partner to create, repeat and improve a sequence with at least three phases.				
I can take the lead when working with a partner or group.				
I can use dance to communicate an idea.				
I can run over a long distance.				
I can sprint over a short distance.				
I can throw in different ways.				
I can hit a target.				
I know how to be safe in and around water.				

ARE - 5			Points - 17-20	
Skill	Taught	Support	Independent	Recall
I can gain possession by working in a team.				
I can pass in different ways.				
I can use forehand and backhand techniques.				
I can use fielding skills.				
I can choose a tactic for defending and attacking.				

I can use a number of techniques to pass, dribble and shoot.				
I can make complex extended sequences.				
I can combine action, balance and shape.				
I can perform to different audiences.				
I can compose my own movement in a creative way. (E.g. dance)				
I can perform to an accompaniment.				
My movement shows clarity, fluency, accuracy and consistency. (E.g. dance).				
I am controlled when taking off and landing.				
I can combine running and jumping.				
I can demonstrate that I know how to keep safe in and around water.				

ARE - 6			Points - 21-24	
Skill	Taught	Support	Independent	Recall
I can play to agreed rules.				
I know the basic rules.				
I can make a team and communicate a plan.				
I can lead others in a game situation.				
I can combine my own work with				

that of others.				
I can link sequences to specific timings.				
I can develop sequences in a specific style.				
I can choose my own music and style for movement based tasks.				
I can demonstrate stamina by using an appropriate fitness test.				
I can swim confidently for at least 25 metres.				
I can use a range of swimming strokes effectively, for example, front crawl, backstroke and breaststroke.				
I can perform safe self-rescue in different water-based situations.				

ARE - 7			Points - 25-28	
Skill	Taught	Support	Independant	Recall
I can control the ball when under pressure.				
I can explain rules including the scoring system.				
I can play in a range of playing positions.				
I can explain how the components of fitness (speed, stamina, strength and flexibility) are required in a range of sports.				
I have the confidence to have a go and I can face challenging situations with help.				

I can analyse and improve my own performance via feedback.				
I can come up with my own warm up and cool down and explain its importance.				
I understand the importance of exercise for a healthy lifestyle.				
I can perform some different techniques in some different activities e.g. scissor kick in high jump, correctly with control and fluency.				
I understand how to use tactics in athletic events e.g. distance running.				
I can use some of the correct technical terms to improve performance.				
I understand how and why to use safe warm up/cool down activities.				
I can set a health target for myself.				

ARE - 8			Points - 29-32	
Skill	Taught	Support	Independent	Recall
I can pass the ball with accuracy using more than one type of pass.				
I have a good understanding of playing in one position.				
I am able to demonstrate speed, stamina, strength and flexibility in relevant activities.				
I can deal with a few challenging situations.				

I can identify others' strengths and weaknesses in sports performance.				
I can design and lead a warmup and cool-down session for a small group of people, suitable for the activity.				
I can explain why exercise is important to my health and fitness.				
I can perform a number of different techniques in a variety of different activities e.g. claw grip in javelin, down sweep relay change over, correctly with control and fluency.				
I can perform in a competitive environment.				
I can work under pressure in closed (set play) and opensituations.				
I can work to my maximum effort in game situations, strength and sprints.				
I can challenge myself with endurance activities.				
I am aware of local sports facilities and clubs.				

ARE - 9			Points - 33-36	
Skill	Taught	Support	Independant	Recall
I can pass the ball accurately using a variety of passes. I have some success with my less dominant side.				
I can demonstrate a high level of coordination and control in different sporting activities.				



I know the role of, and can play in, more than one position.				
I am able to identify the components of physical fitness and sports specific fitness.				
I am able to lead a safe warm-up and cool-down, stretching the correct areas of the body.				
I understand how physical activity, training methods and diet can benefit a person's health and fitness.				
I can analyse and change techniques and tactics to those best suited to me.				
I can use more complex feedback to improve my own performances and that of my peers.				
I have represented the school in sporting activity.				

ARE - 10			Points - 37-40	
Skill	Taught	Support	Independant	Recall
I know the rules and rarely make mistakes in at least 2 different sports.				
I keep going in challenging situations, I can help others succeed in challenging situations. (E.g. Role model, mentor, verbal encouragement)				
I can correct most faults in performance, using correct vocabulary. I am good enough to play in the school team.				

I know which of the major muscles to stretch before exercise. I am responsible enough to do this for myself. I understand why we warm up/cool down.				
I can describe how physical activity benefits health and fitness and can share this information with a small group.				
I can decide which advanced skills and techniques to apply in events and perform at maximum levels. E.g. high jump, triple jump, javelin.				
I can develop a variety of tactics and strategies to overcome opponents in team and individual games (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis).				
I have developed my technique in other competitive sports, (e.g. athletics and gymnastics) or other physical activities e.g. dance.				
I have taken part in further outdoor activities in a range of environments which present intellectual and physical challenges and which have encouraged me to work in a team, building on trust and developing skills to solve problems, either individually or as a group.				
I have evaluated my performances compared to previous ones across a range of physical activities.				
I continue to take part in competitive sports and activities outside school through community links or sports clubs.				

ARE - 11			Points - 41-44	
Skill	Taught	Support	Independant	Recall
I know the rules and could referee a game.				
I can play effectively in most positions and understand the roles they play within a game.				
My physical capacity (i.e. speed, stamina, strength and flexibility) is sufficient to cope with the demands of the activity.				
I can recall how emotions, personality and situations e.g. injury can affect performance.				
I can help to improve a team performance. I attend town/city/district/ county training.				
I can design and lead warm-ups and cool-downs suitable for a variety of activities and for a group. I can lead skills sessions.				
I understand how physical activity benefits health and fitness and can share this information with a group of any size. I can lead groups to improve their skills and fitness in a lesson.				
I can perform a variety of different skills consistently.				
I am able to select and apply the appropriate skills and techniques consistently.				
I am able to conduct an in depth analysis of strengths and				

weaknesses.				
I can use and develop a variety of tactics and strategies to overcome opponents in team and individual games (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis).				
I have developed my technique and improved my performance in other competitive sports, (e.g. athletics and gymnastics) or other physical activities e.g. dance.				
I have taken part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which have encouraged me to work in a team, building on trust and developing skills to solve problems, either individually or as a group.				
I have evaluated my performances compared to previous ones and demonstrated improvement across a range of physical activities.				
I continue to regularly take part in competitive sports and activities outside school through community links or sports clubs.				