

PE Assessment Grid (Years 1–6)

Strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<ul style="list-style-type: none"> Explore basic shapes and balances Travel under/over/through Jump & land safely 	<ul style="list-style-type: none"> Link shapes into sequences Roll safely Use apparatus with simple balances 	<ul style="list-style-type: none"> Perform sequences with matching/mirroring Improved rolls & balances Jumps in flight 	<ul style="list-style-type: none"> Perform shapes & balances on apparatus Forward rolls with entrances/exits Link jumps & pivots 	<ul style="list-style-type: none"> Perform headstands/handstands Rolling into/out of shapes Vault with varied entrances/exits 	<ul style="list-style-type: none"> Perform complex sequences incl. rotation, stands & mirroring Counterbalance & counter tension Roll on/off/over apparatus confidently
Athletics	<ul style="list-style-type: none"> Run fast from standing start Basic jump & throw skills 	<ul style="list-style-type: none"> Develop speed & control Jump for distance Throw with increased accuracy 	<ul style="list-style-type: none"> Relay changeovers Jump for height/distance Sprint & record performance 	<ul style="list-style-type: none"> Improve sprint technique Jump with greater power Throw using different techniques 	<ul style="list-style-type: none"> Combine speed & stamina Triple jump intro Javelin & overhead throws 	<ul style="list-style-type: none"> Adjust running style for events Analyse speed changes Apply correct technique in all jumps & throws
Dance	<ul style="list-style-type: none"> Perform simple movement patterns Create short phrases 	<ul style="list-style-type: none"> Perform in groups with timing Give simple feedback 	<ul style="list-style-type: none"> Learn & refine choreography Perform with expression 	<ul style="list-style-type: none"> Group synchronisation Refine routines with dynamics 	<ul style="list-style-type: none"> Choreograph more complex sequences Give detailed feedback 	<ul style="list-style-type: none"> Perform complex choreography fluently Use lifts, floor plans & narrative in dance
Games – Skills	<ul style="list-style-type: none"> Basic rolling, throwing, catching Strike/kick with control Simple tactics 	<ul style="list-style-type: none"> Dribbling (ball skills) Passing/receiving Tagging, attacking & defending 	<ul style="list-style-type: none"> Apply skills in games (football, netball, hockey) Passing & shooting with accuracy Basic tackling 	<ul style="list-style-type: none"> Apply tactics in invasion games Striking/fielding intro Court positioning (tennis) 	<ul style="list-style-type: none"> Skilled passing/receiving at speed Tactical play Improved striking & bowling 	<ul style="list-style-type: none"> Execute advanced techniques (serve, tackle, shoot) Apply complex strategies Compete with full rules understanding
Personal & Social (implicit strand)	<ul style="list-style-type: none"> Work safely in space Simple teamwork 	<ul style="list-style-type: none"> Take turns, share space Feedback with support 	<ul style="list-style-type: none"> Cooperate in small teams Evaluate own performance 	<ul style="list-style-type: none"> Use tactics and roles in teams Support peers 	<ul style="list-style-type: none"> Lead small groups Analyse performance 	<ul style="list-style-type: none"> Lead warmups, officiate Self-evaluate and improve