



Key Assessment Criteria: Being a Sports Person: Lower Key Stage 2

A Year 3 Sports Person	A Year 4 Sports Person
<p><u>Games</u></p> <ul style="list-style-type: none">• I can throw and catch with control• I am aware of space and use it to support team mates and to Cause problems for opposition• I know and use rules fairly <p><u>Gymnastics</u></p> <ul style="list-style-type: none">• I can adapt sequences to suit different types of apparatus and criteria• I can explain how strength and suppleness affect performance• I can compare and contrast gymnastic sequences <p><u>Dance</u></p> <ul style="list-style-type: none">• I can improvise freely and translate ideas from stimulus into movement• I can share and create phrases with a partner and small group• I can repeat, remember and perform phrases <p><u>Athletics</u></p> <ul style="list-style-type: none">• I can run at fast, medium and slow speeds: changing speed and direction• I can take part in a relay, remembering when to run and what to do <p><u>Outdoor and Adventurous</u></p> <ul style="list-style-type: none">• I can follow a map in a familiar context• I can use clues to follow a route• I can follow a route safely	<p><u>Games</u></p> <ul style="list-style-type: none">• 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. <p><u>Gymnastics</u></p> <ul style="list-style-type: none">• I work in a controlled way• I can include a change of speed and direction• I can include a range of shapes• I can work with a partner to create, repeat and improve a sequence with at least three phrases. <p><u>Dance</u></p> <ul style="list-style-type: none">• I can take the lead when working with a partner or group• I can use dance to communicate an idea <p><u>Athletics</u></p> <ul style="list-style-type: none">• 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 can jump in different ways <p><u>Outdoor and Adventurous</u></p> <ul style="list-style-type: none">• I can follow a map in a (more demanding) familiar context• I can follow a route within a time limit

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