

Year 5 assessment criteria:

<p>Bronze/ Developing:</p>	<p>Games/healthy lifestyles:</p> <ul style="list-style-type: none">• Children can throw and catch with accuracy regularly and at different distance, they will catch on move with accuracy.• Children will move into space in small sided games, will use space often in small games to outwit opponent.• Children can control and dribble ball in space in unopposed situations.• Children will begin to understand principles of training and link them to activities.• Children will take part in conditioned games understanding tactics and rule.• Children will recognise changes in body and link to activity type and intensity. <p>Dance/gym:</p> <ul style="list-style-type: none">• Children can perform different balances; travels and rolls including forwards roll/teddy bear roll with quality and control.• Children will have good timing and accuracy when performing dance moves individually.• Children will collaborate and create own dance with some timing using unison and some cannon with some accuracy.• Children can link and vary ideas with control and coordination.• Children will apply compositional ideas to sequences alone and with others. <p>Athletics/ outdoor:</p> <ul style="list-style-type: none">• Children can throw different objects over longer distances.• Children can take a running jump with better technique to increase distance.• Children can run at speed with control, changing speed when necessary, and on command.• Children will be able to read a simple map effectively finding checkpoints with assistance.• Children will work in a team effectively, communicating, often sharing good practice and helping others to overcome challenges.
<p>Silver/ Secure:</p>	<p>Games/ healthy lifestyles:</p> <ul style="list-style-type: none">• Children can control different balls (bouncing, feet, catching, with stick) regularly unopposed with good control and accuracy often and opposed sometimes.• Children will evaluate self and other performance and use to improve own performance.• Children will sometimes use tactics in game situation to outwit opponents and will move into space and read game more effectively, using tactics and playing by the rules.• Children will be able make contact with racket/bat and moving ball regularly and with some accuracy.• Children will begin to move opponent around the court to make space.• Children will understand principles of training and how they improve sporting performance, linking balance/coordination/speed etc to game play. <p>Dance/ Gym:</p> <ul style="list-style-type: none">• Children will do partner/group balances with quality and control and be inventive with them.

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	<ul style="list-style-type: none"> • Children will be able to create a gymnastics routine in a group with invention, timing, control. • Children will be fluent and safe on apparatus using a variety of gymnastics travel, shapes and flights to go over/under/on apparatus. • Children will perform challenging balances unaided with some control. • Children will be able to create a dance using a variety of action words with timing, pathways and formations whilst evaluate using this language, continually demonstrating rhythm and spatial awareness. • Children can modify performance and that of others as a result of observation. <p>Athletics/outdoor activities:</p> <ul style="list-style-type: none"> • Children will be confident in leading warm ups and cool down using correct terminology and doing it safely. • Children will show good teamwork in a variety of demanding settings and games often communicating effectively. • Children will begin to show good map reading skills using the key and orientating the map, being confident when doing so. • Children will be in the top 25% of the class when sprinting/running distance/throwing/jumping activities. • Children will begin to run a speed appropriate for distance. • Children will demonstrate accuracy and technique in a variety of throws and jumps. • Children will identify and explain good athletic performance.
<p>Gold/ Mastery :</p>	<p>Games/healthy active lifestyle:</p> <ul style="list-style-type: none"> • Children can demonstrate specific aspects of warm-up & describe effects of exercise on the body using scientific language and the reasons for these effects. • Children will use tactics when defending and attacking in small sided games, making improved decisions. • Children will move with the ball in opposed situations outwitting opponent. • They will throw/catch/pass on the move and accurately, using tactics and using team to outwit opponents. • Children will demonstrate good fielding skills getting body behind the ball and returning ball effectively • They will strike a bowled/moving ball with good technique often. <p>Dance/gym:</p> <ul style="list-style-type: none"> • Children can link techniques and ideas and apply them accurately and appropriately showing precision, control and fluency. • Children will use techniques to create a routine in a group that is well timed and choreographed and planned. • Children will assess and evaluate self and others and use this to improve using good language. • Children Perform more complex sequences in a group and over apparatus. • Children will use a variety of dance styles and formations with accuracy and fluency. <p>Athletics/outdoor activities:</p> <ul style="list-style-type: none"> • Children can sustain and maintain running technique at different speeds and alter speed based on feelings and tactics in a race.

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	<ul style="list-style-type: none">• Children will be able to show good running technique over different distances.• Children can demonstrate good technique in a range of throwing and jumping activities.• Children will be in the top 20 % when doing these in terms of distance.• Children will begin to show good leadership qualities when working in a team and use these to overcome several challenges.• Children will be able to change route (best route) to overcome problems when map reading will begin to do at pace and with confidence.
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