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| PE | Year 4/5 |
| Focus: Fitness | |
| Age related PE vocabulary | |

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|---|---|---|--|
| speed: how fast we are | strength: how strong we are | agility: how quickly and easily we can move | balance: how well we can maintain a steady position |
| Sprint: to run as quickly as we can | Co-ordination: how well we can connect our brain to our body's movements | Personal: Something specific to you. Individual. | Technique: A method or way of doing something |
| Stamina: How well we can continue to perform an action without stopping due to tiredness | Continuous: To do something without stopping | Pace: How fast or slow we choose to run for a certain period of time | |

| PE Y4 | Carlton Assessment Grid | | | |
|---|-------------------------|------------------|-------|--------------------|
| Fitness | Embedded | Progressing | | Beginning |
| Success Criteria | | Pupil Reflection | | Teacher Assessment |
| I can collect and record my scores and identify areas I need to improve | | Before | After | |
| I can use key points to help me to improve my sprinting technique | | Before | After | |
| I can share ideas and work with others to manage activities | | Before | After | |
| I can show balance when changing direction at speed | | Before | After | |
| I can show control when completing activities to improve balance | | Before | After | |
| I show determination to continue working over a period of time | | Before | After | |
| I understand there are different areas of fitness and that each area challenges my body differently | | Before | After | |

| PE Y5 | Carlton Assessment Grid | | | |
|--|-------------------------|------------------|-------|--------------------|
| Fitness | Embedded | Progressing | | Beginning |
| Success Criteria | | Pupil Reflection | | Teacher Assessment |
| I can analyse my fitness scores to identify areas for improvement. | | Before | After | |
| I can choose the best pace for a running event and maintain speed | | Before | After | |
| I can encourage and motivate others to work to their personal best | | Before | After | |
| I can identify how different activities can benefit my physical health | | Before | After | |
| I can work with others to manage activities | | Before | After | |
| I understand the different components of fitness and how to test them | | Before | After | |
| I understand what my maximum effort looks and feels like and I am determined to achieve it | | Before | After | |