



PE		Year 5/6	
Focus: Fitness			
Age related PE vocabulary			
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	Motivate: To encourage yourself or others to continue with a task in a positive manner

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	

PE Y6	Carlton Assessment Grid		
Fitness	Embedded	Progressing	Beginning
Success Criteria	Pupil Reflection		Teacher Assessment
I can change my running technique to adapt to different distances	Before	After	
I can collect, record and analyse scores to identify areas where I have made the most improvement	Before	After	
I can work with others to organise, manage and record information at a station.	Before	After	
I can encourage and motivate others to work to their best.	Before	After	
I can understand that there are different areas of fitness and how this helps me in different activities.	Before	After	
I can understand the different components of fitness and ways to test and develop them.	Before	After	
I work to my maximum consistently when presented with challenges.	Before	After	