



PE		Year 3	
Focus: Fitness			
Age related vocabulary			
Fitness	Being physically fit and healthy.	Co-ordination	The ability to move two or more body parts at the same time, under control, smoothly and efficiently.

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can develop an awareness of what my body is capable of.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop speed and strength.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can complete actions to develop co-ordination.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show balance when changing direction.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can complete actions to develop balance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can complete actions to develop stamina.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • 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. • Run on the balls of your feet. • When sprinting, move your hands from your pocket to your mouth (hips to lips). • To complete movements with control, squeeze your muscles. • Watch the ball and move your hands ready to catch it. • Bend low and use small steps to change direction. • Bend your standing knee and focus on something still to help you to stay balanced.



PE		Year 4	
Focus: Fitness			
Age related vocabulary			
Fitness	Being physically fit and healthy.	Co-ordination	The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
Agility	The ability to change direction quickly and easily.		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I understand there are different areas of fitness and that each area challenges my body differently.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop speed and strength.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can complete actions to develop co-ordination.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show balance when changing direction at speed.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show control when completing activities to improve balance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can complete actions to develop stamina.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • 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. • Run on the balls of your feet. • When sprinting, move your hands from your pocket to your mouth (hips to lips). • To complete movements with control, squeeze your muscles. • Watch the ball and move your hands ready to catch it. • Bend low and use small steps to change direction. • Bend your standing knee and focus on something still to help you to stay balanced.