



PE		Year 1	
Focus: Athletics			
Age related vocabulary			
improve	To become better		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
	Before	After	
I can move at different speeds over varying distances	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop balance	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop agility and co-ordination	<input type="checkbox"/>	<input type="checkbox"/>	
I can explore hopping, jumping and leaping for distance	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop throwing for distance	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop throwing for accuracy	<input type="checkbox"/>	<input type="checkbox"/>	

Key Knowledge
<p>Jump – take off and land on two feet.</p> <p>Hop – take off on one foot and land on the same foot.</p> <p>Leap – take off on one foot and land on the other.</p>