



## Christ Church CE Primary School Physical Education Assessment

*'Train up a child in the way they should go and when they are old,  
they will not depart from it.'*  
Proverbs 22:6

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| <b>Lower KS2<br/>Y3/4</b>  | <b>Unit: Gymnastics</b>  |  |
| <b>Core Curriculum Content:</b>                                      |  |  |
| Knowledge and understanding  | <p><b>Expected</b></p> <p>Pupils can:</p> <ul style="list-style-type: none"> <li>• I can know, understand and show movements to demonstrate the planes of movements and positions of the spine.</li> <li>• I can develop physical strength by performing Pilates movements for an increased length of time.</li> <li>• I can perform simple Pilates moves and everyday tasks with correct posture and alignment.</li> <li>• I can move with careful control, precision and coordination.</li> <li>• I can create linking movements to express feelings or ideas that are suggested by the music.</li> <li>• I can make suggestions on how to improve my performance and performance of others.</li> <li>• I can explain why it is important to warm-up and cool-down.</li> <li>• I can show confidence and self-esteem.</li> <li>• I can enjoy participating in dance</li> </ul> <p>I can encourage others to participate</p>  |   |
| Pupils   |  |  |
| Knowledge and understanding  | <p><b>Working Towards</b><br/>I can demonstrate some objectives with support.</p> <p>Pupils can:</p> <ul style="list-style-type: none"> <li>• I can know, understand and show movements to demonstrate the planes of movements and positions of the spine.</li> <li>• I can develop physical strength by performing Pilates movements for an increased length of time.</li> <li>• I can perform simple Pilates moves and everyday tasks with correct posture and alignment.</li> <li>• I can move with careful control, precision and coordination.</li> <li>• I can create linking movements to express feelings or ideas that are suggested by the music.</li> <li>• I can make suggestions on how to improve my performance and performance of others.</li> <li>• I can explain why it is important to warm-up and cool-down.</li> <li>• I can show confidence and self-esteem.</li> <li>• I can enjoy participating in dance</li> </ul> <p>I can encourage others to participate</p> | <p><b>Greater Depth</b><br/>I can demonstrate objectives confidently and with independence.</p> <p>Pupils can:</p> <ul style="list-style-type: none"> <li>• I can know, understand and show movements to demonstrate the planes of movements and positions of the spine.</li> <li>• I can develop physical strength by performing Pilates movements for an increased length of time.</li> <li>• I can perform simple Pilates moves and everyday tasks with correct posture and alignment.</li> <li>• I can move with careful control, precision and coordination.</li> <li>• I can create linking movements to express feelings or ideas that are suggested by the music.</li> <li>• I can make suggestions on how to improve my performance and performance of others.</li> <li>• I can explain why it is important to warm-up and cool-down.</li> <li>• I can show confidence and self-esteem.</li> <li>• I can enjoy participating in dance</li> </ul> <p>I can encourage others to participate</p> |
| Pupils   |  |  |
| Pupils with additional needs have made the following responses ..... |  |  |



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