

<b>Assessment criteria</b>	<b>0.5</b>	<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>	<b>5.5</b>	<b>6.5</b>	<b>7.5</b>	<b>8.5</b>	<b>9.5</b>
<b>Area 1 Gymnastics</b>		Link 1 or 2 skills together	Remember short routines	Perform skills at the right time in routines	Perform linked skills in routines	Show precision, control and fluency with basic skills	Show precision, control and fluency with more advanced skills	Consistently show precision, control and fluency with more advanced skills	Apply advanced skills in a variety of gymnastics situations	
<b>Area 2 Dance</b>		Copy a given motif	Plan and recall short motifs and routines	Use a range of different actions	Work with rhythm	Use different levels, speeds, pace and pathways	Use different levels, speeds, pace and pathways effectively and with creativity	Communicate the theme and emotion of the work	Show clear musicality and interpretation	Plan original and imaginative work with expression and dynamics
<b>Area 3 Games</b>		Use a very limited range of skills in games	Perform a range of skills in games	Perform skills at the right time in game situations	Perform skills at the right time and in the right way in games	Use relevant skills to keep possession	Use a range of relevant skills to create scoring opportunities	Change game play to suit the specific circumstances at that moment	Use deception to exploit opponents' weaknesses	Make effective tactical and strategic decision for almost all of the time appropriate for position played
<b>Area 4 Athletics</b>		Understand the purpose of each activity	Follow safety rules for each event	Apply basic rules and regulations to events	Use basic techniques in some athletics events	Use basic techniques across events	Use more developed techniques such as the hitchkick in LJ	Use more developed techniques well in a range of events	Maximise own performance through regular training and use of technology	
<b>Area 5 Fitness</b>		Know how to exercise safely	Be able to measure own pulse	Understand how heart rate changes during exercise	Understand why heart rate changes during exercise	Know the health benefits of regular exercise	Link training methods to desired fitness goals	Design a fitness programme using chosen training methods	Apply FITT principles to a personal exercise plan	Achieve quantified progress in fitness through sustained application of a training programme
<b>Area 6 Team work and Co-operation</b>		Work amicably in group situations	Take a lead in small group warm ups	Listen to and follow officials' decisions	Make a positive contribution to team / group.	Use effective and sensitive communication responding to classmates.	Identify improvements in group / team work.	Provide technical advice to improve group / team work.	Plan and deliver a technical element in a lesson.	
<b>Area 7 Perseverance</b>		Have a positive attitude	Listen effectively	Keep focused and concentrate in lessons	Use practice time effectively and productively	Work physically hard for extended periods of time	Challenge yourself to use the correct technique all the time even when it's hard.	Regularly and repeatedly review your own performance and make improvements without being directed to do so	Understand your own strengths and weaknesses and plan for improvement	
<b>Area 8 Analysis of own and others' work</b>		Identify a good performer	Identify parts of work that are liked	See differences between own and others' work	Compare own work to that of others	Describe how skills / tactics / choreography used in own and others' work.	Explain how skills / tactics / choreography used in own and others' work.	Identify and explain strengths and weaknesses in own and others work.	Plan for improvement of weaknesses identified.	Justify, explain and apply a plan for improvement