



Sporting Achievements/ Hobbies

Record your sporting achievements. School clubs you have attended? Teams you have played in? Competitions you have entered? Events you have won? Sporting Hobbies you enjoy in and out of school? Any sports leadership you have shown?

Assessment Summary: Please tick completed areas

- | | |
|--|---|
| Invasion Games <input type="checkbox"/> | Net/Wall Games <input type="checkbox"/> |
| Striking/Fielding <input type="checkbox"/> | Dance <input type="checkbox"/> |
| Gymnastics <input type="checkbox"/> | Athletics <input type="checkbox"/> |
| Swimming <input type="checkbox"/> | Outdoor Activities <input type="checkbox"/> |
| Health/Fitness <input type="checkbox"/> | |

Teacher Comments / Signature

Date: _____

Parents Comments / Signature

Date: _____

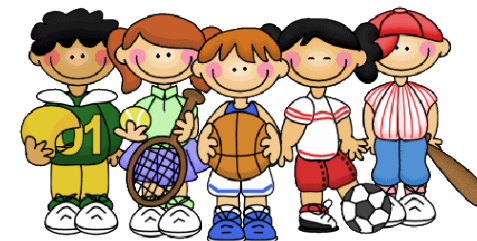


Snainton School

Yr 5/6 PE Passport

Name: _____

Your record of PE, sporting experiences and achievements



Personal Details

Name: _____

Age: _____

Teacher: _____

Favourite sport/activity: _____

Sporting Hero(es): _____

Is there a new sport/activity you would like to try: _____

Tick when you see evidence of each statement reached



Milestone 3 reached?
Level - Basic/
Advanced/Deep

Teacher Assessment

B A D

Games

Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).

- Work alone, or with team mates in order to gain points or possession.
- Strike a bowled or volleyed ball with accuracy.
- Use forehand and backhand when playing racket games.
- Field, defend and attack tactically by anticipating the direction of play.
- Choose the most appropriate tactics for a game.
- Uphold the spirit of fair play and respect in all competitive situations.
- Lead others when called upon and act as a good role model within a team.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dance

Compose creative and imaginative dance sequences.

- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.
- Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.
- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Gymnastics

Create complex and well-executed sequences that include a full range of movements including: travelling /balances/swinging/springing/flight/vaults/inversions/rotations/bending, stretching and twisting /gestures/inking skills.

- Hold shapes that are strong, fluent and expressive.
- Include in a sequence set pieces, choosing the most appropriate linking elements.
- Vary speed, direction, level and body rotation during floor performances.
- Practise and refine the gymnastic techniques used in performances (listed above).
- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault and to swing (remaining upright).

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Athletics

Combine sprinting with low hurdles over 60 metres.

- Choose the best place for running over a variety of distances.
- Throw accurately and refine performance by analysing technique and body shape.
- Show control in take off and landings when jumping.
- Compete with others and keep track of personal best performances, setting targets for improving

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Swimming

Swim over 100 metres unaided.

- Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of a length.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Outdoor and Adventurous Activities

Select appropriate equipment for outdoor and adventurous activity.

- Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
- Embrace both leadership and team roles and gain the commitment and respect of a team.
- Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.
- Remain positive even in the most challenging circumstances, rallying others if need be.
- Use a range of devices in order to orientate themselves.
- Quickly assess changing conditions and adapt plans to ensure safety comes first.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Outdoor and Adventurous Activities

I can use/interpret a map

R A G

I recognise signs and symbols on a map

I have taken part in orienteering activities

I can work with others to solve problems

I can work safely in an unfamiliar environment

Some Key Language/Vocabulary

map orientate symbols hazards scale

birdseye view checkpoint

Health and Fitness

I understand what I need to do to keep fit and healthy

R A G

I know some activities to raise my heart rate

I can name some muscles in my body

I understand the need to warm up and cool down

Some Key Language/Vocabulary

stamina strength suppleness

hamstrings quadriceps biceps triceps

PE Experiences/Techniques



Games–Invasion

I know how to attack and find a space

R A G

I know how to defend and intercept a pass

I know how to keep possession

I have worked in small teams to play and score a game

I have taken on different roles in some games

I can follow rules to play games successfully

I have umpired mini versions of recognised games

I can pass a ball or other equipment accurately

I can dribble a ball in a controlled manner

I can catch different balls or different equipment

I have made up a new invasion game

I can communicate well to help my team mates

I have been successful at

To improve my performance I must

Some Key Language/Vocabulary

opponent attack space defend shield dodge covering
intercept feint mark dribble communicate



Games-Net/Wall

R A G

- I can use a forehand and backhand stroke
- I can use a range of other shots eg. volley, serve, smash,
- I understand where to hit a ball/shuttlecock to move an opponent out of position
- I have played a number of different net/wall games using a variety of equipment
- I understand how to score in a variety of different games
- I can communicate well with others on my team

I have been successful in

To improve my performance I must

Some Key Language/Vocabulary

ready-position groundstroke forehand backhand
 volley smash serve return rally block spike
 dig



Swimming

R A G

- I can swim with good technique:
 Front crawl
- Back stroke
- Breaststroke
- Butterfly
- I can swim 25m (red) 200m (amber) 800m (green)
- I can swim underwater
- I can float in a variety of different ways
- I am confident and safe in water
- I can push and glide from the pool side

I have been successful at

To improve my performance I must

Some Key Language/Vocabulary

strokes float scull tread water
 glide surface dive streamlined



Athletics

R A G

- I can run quickly using good technique eg. high knees, long stride, keeping head still
- I know the techniques needed to run longer distances
- I can pass and receive a baton correctly
- I know what to do to jump for height
- I know what to do to jump for distance
- I understand the basic techniques for throwing overarm eg. ball or javelin
- I know how to turn and throw eg. discuss
- I can use a push action eg. shot putt

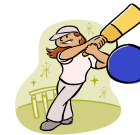
I have been successful at

To improve my performance I must

Some Key Language/Vocabulary

sprint long distance stamina technique

relay baton sling push throw



Games–Striking/Fielding

R A G

- I can strike a ball with a bat
- I know where to hit a ball to increase the chances of scoring
- I know how hard to hit a ball
- I know how to bowl accurately
- I can use good fielding skills
- I know how hard to throw the ball to my team-mates
- I know where to stand so the other team can't score
- I can communicate well with my team mates

I have been successful at

To improve my performance I must

Some Key Language/Vocabulary

bowl strike field communicate stance



Dance

R A G

I have performed dances from different times/places

I have performed different styles of dances eg. street, country, disco

I can share ideas and work with a partner to create a short duet

I can compose a short phrase of movement lasting 10-20 seconds and repeat it.

I can work creatively as part of a group

I can decide how a piece of music makes me feel

I can use my face as well as my body to express a feeling or idea

I have been successful at

To improve my performance I must

Some Key Language/Vocabulary
gesture pathways stillness pattern
expression improvise interpret



Gymnastics

R A G

I can perform an individual sequence with a number of different actions

I can perform a sequence with a partner in different ways eg. unison, mirror, canon

I can smoothly link actions together in different ways

I have worked on small apparatus eg. mats, benches, agility tables

I have worked on large apparatus eg. climbing frames, ropes

I can work safely in gymnastics

I have been successful at

To improve my performance I must

Some Key Language/Vocabulary
roll balance travel jump tension control
flexible stretch canon mirror unison sequence