

PE Self Reflection Card



Name:
Year Group:

Athletics	All of the time 	Most of the time 	Not at all 
I can travel in different ways over a short and medium distances			
I can throw an object with coordination over a distance			
I can jump for length and land on 2 feet			
I can describe some things that happen to my body when I exercise			
I can describe 2 rules from a sprint event			
I can talk about what I am good at and what I need to work on			
I respond positively to winning & losing			
I encourage, respect & help my classmates			
I can communicate how I feel & explain my actions			



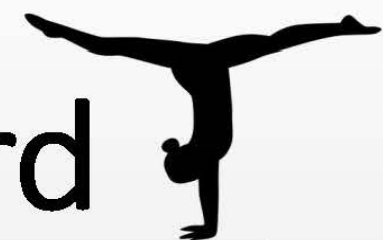
PE Self Reflection Card



Name:
Year Group:

Invasion Games	All of the time 	Most of the time 	Not at all 
Perform some dribbling skills with hands, feet and a stick using space			
Pass a ball accurately using hands or feet over a distance			
I can develop ball handling and special awareness			
Make simple decisions where to move and receive the ball			
I can explain the difference between attack and defence			
I can work well in a team			
I can know 3 different ways to throw a ball			
I know how to catch a ball			








PE Self Reflection Card



Name:
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Gymnastics	All of the time 	Most of the time 	Not at all 
I can demonstrate at least 3 basic balances			
I can travel and turn in a variety of ways			
I can demonstrate jumping from a short height			
I can copy a sequence of at least 3 movements			
I can describe 2 different safety aspects of gymnastics			
I can name at least 2 different pieces of equipment in gymnastics			
I can define a balance, a roll and a jump			
I can talk about the different shapes needed in gymnastics			
I encourage, respect & help my classmates			
I can communicate how I feel & explain my actions			








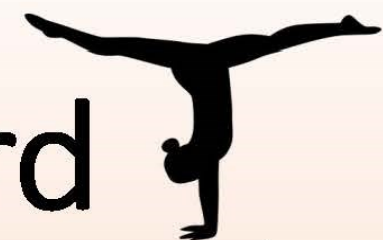
PE Self Reflection Card



Name:
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Agility	All of the time 	Most of the time 	Not at all 
I can demonstrate a dodge			
I can explain what special awareness is			
I can move in different directions			
I can use a change of speed or pace			








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Name:
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Ball Skills	All of the time 	Most of the time 	Not at all 
I can control a ball using either my feet or my hands			
I can pass a ball using either my feet or my hands			
I can play a game in a small team (up to 4 people)			
I can show how to attack or defend in different types of games			
I can show different movements with an object depending on the situation			
I can move into space to avoid bumping into a class mate			
I can describe two rules of different tag games			
I can describe the different roles that players have in a game			
I encourage, respect & help my classmates			
I can communicate how I feel & explain my actions			





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Name:
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Coordination	All of the time 	Most of the time 	Not at all 
I can control a ball using either my feet or my hands			
I can use two or more body parts to control an object.			
Catch an object when rolled / thrown towards them and send the object back to another person.			



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Name:
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Striking & Fielding	All of the time 	Most of the time 	Not at all 
I can strike a ball off a tee using accuracy			
I can field a ball and return it to an area or person			
I can throw underarm			
I can throw overarm			
I can identify when a bowler has the ball meaning I need to stop			
I can follow the rules of a game			
Pass and receive a ball in different ways with control and increased accuracy.			
Perform fielding techniques with increased control and co-ordination			
I encourage, respect & help my classmates			
I can communicate how I feel & explain my actions			





PE Self Reflection Card



Name:
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Balance	All of the time 	Most of the time 	Not at all 
Show a static balance			
Catch an object whilst holding a balance			
Safety move across a bench			
I can perform a balance at different levels (low, medium and high)			
Create different point balances using lots of body parts			



PE Self Reflection Card



Name:
Year Group:




Net & Wall	All of the time 	Most of the time 	Not at all 
I can show increasing control when performing skills with a racket			
Perform an underarm throw and catch			
Strike a ball using a self serve			
I can throw overarm			
Perform a co-operate rally			
Move with increasing control and balance			
Make good decisions where to send the ball			
Begin to anticipate where the ball is going			
Explain why we return to the middle of the space after sending			
Describe where spaces are			



PE Self Reflection Card



Name:
Year Group:

Dance	All of the time 	Most of the time 	Not at all 
I can demonstrate basic dance movements in time with music			
I can copy a short routine			
I can demonstrate different types of gestures			
I can create a short dance			
I can describe different types of gestures and movements			
I can comment on things that are good and that I can improve on in a dance			
I can communicate how I feel & explain my actions			
I encourage, respect & help my classmates			
I respond positively to winning & losing			

