



# Physical Education Assessment

## Dance - Year 5

<b>Name of Pupil:</b>	<b>Class:</b>
<b>Teacher:</b>	<b>Date of Assessment:</b>
<b>Pupil is able to:</b>	<b>Yes/No</b>
* compose motifs and plan dances creatively and collaboratively in groups;	
* adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use;	
* perform different styles of dance clearly and fluently;	
* organise their own warm-up and cool-down exercises;	
* show an understanding of safe exercising;	
* recognise and comment on dances, showing an understanding of style;	
* suggest ways to improve their own and other people's work.	
<b>Self-assessment</b> [e.g. own strengths & suggestions for improvement]:	
<b>Next Steps in Learning:</b>	