



Physical Education Assessment

Athletic Activities - Year 4

Name of Pupil:	Class:
Teacher:	Date of Assessment:
Pupil is able to:	Yes/No
* understand and demonstrate the difference between sprinting and running for sustained periods;	
* know and demonstrate a range of throwing techniques;	
* throw with some accuracy and power into a target area;	
* perform a range of jumps, showing consistent technique and sometimes using a short run-up;	
* take on different roles in small groups;	
* relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up;	
* compare and contrast performances using appropriate language.	
Self-assessment [e.g. own strengths & suggestions for improvement]:	
Next Steps in Learning:	