	MELLING PRIMARY SCHOOL PHYSICAL EDUCATION KEY ASSESSMENT CRITERIA	YEAR 3									
	NAME										
Acquiring and Developing Skills	I can select and use appropriate skills, actions and ideas.										
	I can move and use actions with co-ordination and control.										
Evaluating and Improving	I can explain how my work is similar and different from that of others.										
	I can recognise, given help, how my performances could be improved.										
Health and Fitness	I can explain why it is important to warm-up and cool-down.										
	I can identify some muscle groups used in gymnastic activities.										
GAMES	I can throw and catch a variety of balls with control.										
	I am aware of space and use it to support team mates.										
	I can use the correct side of a hockey stick to control a ball.										
	I can pass a ball accurately to another person.										
	I know and use rules fairly.										
GYMNASTICS	I can adapt sequences to suit different types of apparatus and criteria.										
	I can compare and contrast gymnastic sequences.										
	I understand how strength and suppleness can affect performance.										
DANCE	I can translate ideas from a stimulus into movement.										
	I can create phrases with a partner and a small group.										
	I can remember, repeat and perform phrases.										
ATHLETICS	I can run at fast, medium and slow speeds, changing speed and direction.										
	I can take part in a relay.										
OUTDOOR/ ADVENTUROUS	I can follow a map in a familiar context.										
	I can use clues to follow a route.										
	I can follow a route safely.										