

KS1 PE Skills

Bronze - Silver - Gold Assessment Breakdown

KS1 Fundamental Movement Skills

Skill	 Bronze	 Silver	 Gold
Running	Runs in a straight line with some control	Runs with control, changing speed on command	Runs with confidence, changing speed and direction smoothly
Jumping & Hopping	Jumps off two feet, landing safely	Hops on one foot for a few steps, keeping balance	Combines jumps and hops in a short sequence with control
Balance	Balances on one foot for a few seconds	Balances while moving along a line or low beam	Holds a variety of balances confidently, including on different body parts
Coordination	Claps and catches a large ball with support	Bounces and catches a ball with some control	Coordinates hands and feet to control a ball while moving
Throwing	Throws a large ball/beanbag a short distance using two hands	Throws underarm with one hand toward a target	Throws underarm and overarm with control and accuracy toward a target
Catching	Catches a large, soft ball with two hands, trapping it against the body	Catches a medium-sized ball thrown gently from close range	Catches a ball thrown from a distance with control, using hands only
Kicking	Kicks a stationary ball a short distance	Kicks a ball toward a target with some control	Kicks a moving/rolling ball with accuracy toward a target
Striking	Hits a stationary ball off a tee/cone with a bat or racket	Hits a bowled or fed ball with some control	Strikes a ball consistently with control, aiming for a target or space
Understanding	Follows simple instructions and basic safety rules	Understands the idea of taking turns and simple game rules	Applies simple rules and tactics (e.g. finding space) with some independence

Multi-Skills (KS1):

Skill	 Bronze	 Silver	 Gold
Agility	Changes direction with some control when prompted	Changes direction quickly around simple markers	Weaves through markers at speed with control
Balance	Balances on one foot for a few seconds	Balances while moving along a line	Holds and moves through balances confidently
Coordination	Claps and catches a ball with some success	Bounces and catches a ball with control	Combines hand-eye and foot-eye coordination tasks confidently
Spatial Awareness	Moves around space, avoiding others some of the time	Moves confidently in space without bumping into others	Uses space effectively to avoid others and find gaps
Teamwork & Communication	Takes turns with adult support	Works with a partner to complete a simple task	Works as part of a team, sharing simple ideas

Reaction & Speed	Reacts to a simple signal to start moving	Reacts quickly to a signal, changing action	Reacts quickly and accurately to a range of signals or situations
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