

INDIVIDUAL PE REPORT

School	Rockcliffe Primary
Class	1fh Sept2016
Keystage	1

Name	Albert	Adomah
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ID	4814	M
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SchoolTerm	Attitude	Body Awareness	Flexibility of Movement	Dodging And Evading	Reactions	Rotation	Travelling
1	4	4	4	4	2	4	4
2	5	5	6	6	3	7	7
3	8	7	7	8	4	7	8
progress	4	3	3	4	2	3	4

Points Of Contact	Dynamic Balance	Generating Force	Balancing Equipment	Understanding Base	Static Balance
4	4	5	3	4	3
6	5	6	4	5	5
8	6	7	6	6	5
4	2	2	3	2	2

Sending	Differentiating Force	Receiving	Organising Limbs	Combination of Skills	Timing
4	4	3	4	3	4
5	5	5	6	5	5
6	8	8	6	7	6
2	4	5	2	4	2

Here are the challenges you were set this year

Body Awareness	identify right and left hand and right and left foot
Flexibility of Movement	travel using side steps on both sides
Dodging And Evading	touch opposite hand to foot (both sides)
Reactions	Get body in a start position and start running on command, ready; steady; go
Rotation	throw a ball over arm with both left and right hand
Travelling	Run continuously for 30 seconds
Points Of Contact	balance on all fours for 10 seconds
Dynamic Balance	hop on 1 leg on the spot 10 times(both sides)
Generating Force	Perform a standing jump off two feet and land on two feet
Balancing Equipment	Balance a beanbag on your head and a bean bag on a plastic racket and walk 5 metres
Understanding Base	bring my arms up when balancing
Static Balance	kneeling down, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds
Sending	throw a ball to a partner using an underarm throw
Differentiating Force	understand how to roll a ball to a partner at different speeds
Receiving	catch a beanbag at a variety of heights, feet, waist, above head etc.
Organising Limbs	increase the tempo of my dancing in time with a change in speed of a rhythm
Combination of Skills	Run and jump over a number of hurdles/obstacles in a relay race
Timing	strike a bouncing sponge ball with my hand (both sides)

take my own pulse to check my heart rate - recognise what happens when I am tired
anticipate, dodge and evade others coming in opposite direction
jump off two feet and land on one foot (both left and right)
receive a bean bag
pass a ball to someone behind me, by swivelling at the waist
Carry a rugby ball, basketball, hockey stick, football, safely and appropriately
Set off running from an all fours position
catch a bean bag standing on one leg (both sides)
run and kick a ball from a cone with right and left foot 10 metres
balance a beanbag on a plastic tennis racket, right and left hand and walk 10m
exert pulling force on a hula hoop with a partner whilst standing on one leg (both sides)
stand on one leg for 5 seconds (on both sides) with eyes closed and finger on nose
kick a static football (with both feet) to a partner 5mtrs away
change how you throw a ball at targets 2m, 4m, 6m away
move to receive a thrown beanbag and hold hands ready in cup position
move to get in line to receive a rolled ball
bounce a tennis ball and catch it with one hand (both hands)
perform claps in time with a musical beat

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I attended the following extra school activities:

	HOURS
After school club football - Mondays Y3-Y4	5
School football game 01/01/17	2
	7

