



St. Anne (Stanley) Physical Education Progression

Year	Social	Personal	Health and Fitness	Cognitive	Creative	Apply Physical Skills
R 40 - 60	Play with others, take turns and share with help.	Enjoy working on simple tasks with help.	Aware of the changes to the way we feel when exercising.	Follow simple instructions.	Observe and copy others.	Move confidently in different ways.
R ELG exp	Work sensibly with others, taking turns and sharing.	Follow instructions, practise safely and work on simple tasks by myself.	Aware of why exercise is important for good health.	Name some things that they are good at.  Able to understand and follow simple rules.	Explore and describe simple movements.	Perform a small range of skills and link two movements together.  Can perform a single skill or movement with some control.
1	Help, praise and encourage others in their learning.	Able to use 'If at first I don't succeed; I will try again.'  Able to ask for help when appropriate.	Use equipment appropriately. Able to move and land safely.  Say how my body feels before, during and after exercise.	With help, recognise similarities and differences in performance. Able to explain why someone is working well of performing well.  Begin to order instructions, movements and skill.	Select and link movements together to fit a theme.  Begin to compare own movements and skills with those of others.	Perform a sequence of movements with some changes in level, direction or speed  Perform a range of skills with some control and consistency.

2	<p>Happy to show and tell others about their own ideas.</p> <p>Show patience, support others, listening to ideas about our work.</p>	<p>Able to know and understand their own learning.</p> <p>Able to challenge themselves.</p>	<p>Explain why we need to warm up and cool down.</p> <p>Describe how their own body changes before and after exercise.</p>	<p>Explain what they are doing well and begin to identify areas for improvement.</p> <p>Understand the simple tactics of attacking and defending.</p>	<p>Respond differently to a variety of tasks or music and recognise similarities and differences in movement and expression</p> <p>Make up own rules or versions of activities.</p>	<p>Select and apply a range of skills with good control and consistency.</p> <p>Perform and repeat longer sequences with clear shapes and controlled movement.</p>
3	<p>Help organise roles and responsibilities and guide a small group through a task.</p> <p>Cooperate well with others and give helpful feedback.</p>	<p>Persevere with a task and improve own performance through regular practice.</p> <p>Able to cope well and react positively when things become difficult.</p>	<p>Record and monitor their own workings.</p> <p>Describe the basic fitness components and explain how often and how long I should exercise to be healthy.</p>	<p>Use awareness of space and others to make good decisions.</p> <p>Understand ways (criteria) to judge performance and identify specific parts to continue to work upon.</p>	<p>Change tactics, rules or task to make activities more fun or challenging.</p> <p>Link actions and develop sequences of movements that express my own ideas.</p>	<p>Link actions together so that they flow in running, jumping and throwing activities.</p> <p>Perform a variety of movements and skills with good body tension.</p>
4	<p>Negotiate and collaborate appropriately</p> <p>Give and receive sensitive feedback to improve their own</p>	<p>Recognise own strengths and weaknesses and set myself appropriate targets.</p>	<p>Self-select perform appropriate warm up and cool down activities.</p> <p>Identify possible dangers when planning an activity.</p>	<p>Recognise and suggest patterns of play which will increase chances of success and develop methods to outwit opponents</p>	<p>Respond imaginatively to different situations, adapting and adjusting skills movements or tactics so they are different</p>	<p>Perform a range of skills fluently and accurately in practice situations</p> <p>Use a combination of skills confidently in</p>

	skills and that of others.	See all new challenges as opportunities to learn and develop.		Have clear idea of how to develop their own and others work.	from or in contrast to others.	sport specific contexts.
5	Seek advice from a variety of sources to help me improve.  Involve others and motivate those around me to perform better.	Accept critical feedback and make change  Create my own learning plan and revise that plan when necessary.	Plan and follow my own basic fitness programme  Explain how individuals and different types of levels of fitness to be more effective in their activity/role/event.	Review analyse and evaluate own and others strengths and weaknesses and read and react to different game situations as they develop.	Use variety and creativity to engage an audience  Effectively disguise what they are about to do next.	Perform skills in pressure situations and efficiently make adjustments to technique when required
6	Inspire and enthuse others.  Accept and take on a role most suited to a team/group.	Frequently practise outside structured sessions.  Demonstrate resilience and regularly choose to revisit and reinforce learning.	Explain the benefits of a balanced health and fitness programme.  Adapt a general fitness exercise programme to suit my specific needs.	Cope with multiple information changes in stimuli and solve complex problems.  Critically analyse and evaluate quality of performance, prioritising learning and action that will lead to improvement.	Improvise when necessary in order to achieve the required outcome.  Change my game plan in response to my actions to surprise them or opponents choreograph for myself and others.	Perform a wide range of advanced skills with consistency and accuracy in pressure situation.
6 +	Seek advice from a variety of sources to enhance my performance.	Acknowledge own weakness and seek opportunities to work on them.	Know how to train to improve specific types of fitness.	Make sound calculations of risk verses reward and use	Explore and create my own original solutions to problems	Know how to train to improve specific types of fitness.

	Mentor and empower others using effective questions to support, include and develop the.	Demonstrate a growth mind-set a desire to improve and be committed to self-reflection.	Evaluate, adapt and develop own specific training programme.	these to inform my decision making. Show a high level of awareness and anticipation in changing situations.	Demonstrate flair and imagination to create the unexpected.	Evaluate, adapt and develop own specific training programme.
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