

## Progression pathway – knowledge, skills and understanding

Assessments are made against the statements below to show a child’s progress from developing within the age-related expectation, through to secure and then more depth within this expectation.

### Subject: **Physical Education**

Year	Applying physical Skills	Personal	Social	Cognitive	Creative	K&U of Health and Fitness
R 40 - 60	<ul style="list-style-type: none"> <li>I can move confidently in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>I enjoy working on simple tasks with help.</li> </ul>	<ul style="list-style-type: none"> <li>I can play with others and take turns and share with help.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow simple instructions.</li> </ul>	<ul style="list-style-type: none"> <li>I can observe and copy others.</li> </ul>	<ul style="list-style-type: none"> <li>I am aware to the changes to the way I feel when I exercise.</li> </ul>
R ELG exp	<ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control.</li> <li>I can perform a small range of skills and link two movements together.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow instructions, practise safely and work on simple tasks by myself.</li> </ul>	<ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand and can follow simple rules.</li> <li>I can name some things I am good at.</li> </ul>	<ul style="list-style-type: none"> <li>I can explore and describe simple movements.</li> </ul>	<ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health.</li> </ul>
1	<ul style="list-style-type: none"> <li>I can perform a range of skills with some control and consistency.</li> <li>I can perform a sequence of movements with some changes in level, direction or speed.</li> </ul>	<ul style="list-style-type: none"> <li>I try several times if at first I don’t succeed and I ask for help when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>I can help, praise and encourage others in their learning.</li> </ul>	<ul style="list-style-type: none"> <li>I can begin to order instructions, movements and skill.</li> <li>With help, I can recognise similarities and differences in performance and I can explain why someone is working well of performing well.</li> </ul>	<ul style="list-style-type: none"> <li>I can begin to compare my movements and skills with those of others.</li> <li>I can select and link movements together to fit a theme.</li> </ul>	<ul style="list-style-type: none"> <li>I can say how my body feels before, during and after exercise.</li> <li>I use equipment appropriately and move and land safely.</li> </ul>
2	<ul style="list-style-type: none"> <li>I can perform and repeat longer sequences with clear shapes and controlled movement.</li> <li>I can select and apply a range of skills with good control and consistency.</li> </ul>	<ul style="list-style-type: none"> <li>I know where I am with my learning and I have begun to challenge myself.</li> </ul>	<ul style="list-style-type: none"> <li>I show patience and support others, listening to them about our work.</li> <li>I am happy to show and tell them about my ideas.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand the simple tactics of attacking and defending.</li> <li>I can explain what I am doing well and I have begun to identify areas for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>I can make up my own rules or versions of activities.</li> <li>I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movement and expression.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how my body changes before and after exercise.</li> <li>I can explain why we need to warm up and cool down.</li> </ul>
3	<ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension.</li> <li>I can link actions together so that they flow in running, jumping and throwing activities.</li> </ul>	<ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult.</li> <li>I can persevere with a task and I can improve my performance through regular practice.</li> </ul>	<ul style="list-style-type: none"> <li>I can cooperate well with others and give helpful feedback.</li> <li>I help organise roles and responsibilities and I can guide a small group through a task</li> </ul>	<ul style="list-style-type: none"> <li>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.</li> <li>I can use awareness of space and others to make good decisions.</li> </ul>	<ul style="list-style-type: none"> <li>I can link actions and develop sequences of movements that express my own ideas I can change tactics, rules or task to make activities more fun or challenging.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy.</li> <li>I can record and monitor how hard I am working.</li> </ul>
4	<ul style="list-style-type: none"> <li>I can use a combination of skills confidently in sport specific contexts.</li> <li>I can perform a range of skills fluently and accurately in practice situations.</li> </ul>	<ul style="list-style-type: none"> <li>I see all new challenges as opportunities to learn and develop.</li> <li>I recognise my strengths and weaknesses and can set myself appropriate targets</li> </ul>	<ul style="list-style-type: none"> <li>I can give and receive sensitive feedback to improve myself and others.</li> <li>I can negotiate and collaborate appropriately</li> </ul>	<ul style="list-style-type: none"> <li>I have clear idea of how to develop my own and others work.</li> <li>I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents</li> </ul>	<ul style="list-style-type: none"> <li>I can respond imaginatively to different situations, adapting and adjusting my skills movements or tactics so they are different from or in contrast to others</li> </ul>	<ul style="list-style-type: none"> <li>I can self-select perform appropriate warm up and cool down activities.</li> <li>I can identify possible dangers when planning an activity</li> </ul>

5	<ul style="list-style-type: none"> <li>I can effectively transfer skills and movements across a range of activities and sports.</li> <li>I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> </ul>	<ul style="list-style-type: none"> <li>I create my own learning plan and revise that plan when necessary.</li> <li>I can accept critical feedback and make changes</li> </ul>	<ul style="list-style-type: none"> <li>I can involve others and motivate those around me to perform better.</li> <li>I seek advice from a variety of sources to help me improve</li> </ul>	<ul style="list-style-type: none"> <li>I can review analyse and evaluate my own and others strengths and weaknesses and I can read and react to different game situations as they develop</li> </ul>	<ul style="list-style-type: none"> <li>I can effectively disguise what I am about to do next.</li> <li>I can use variety and creativity to engage an audience</li> </ul>	<ul style="list-style-type: none"> <li>I can explain how individuals and different types of levels of fitness to be more effective in their activity/role/event.</li> <li>I can plan and follow my own basic fitness programme</li> </ul>
6	<ul style="list-style-type: none"> <li>I can perform skills in pressure situations and I can efficiently make adjustments to technique when required.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate resilience and regularly choose to revisit and reinforce learning.</li> <li>I frequently practise outside structured sessions</li> </ul>	<ul style="list-style-type: none"> <li>I can accept and take on a role most suited to my team/group.</li> <li>I can inspire and enthuse those around me</li> </ul>	<ul style="list-style-type: none"> <li>I can critically analyse and evaluate quality of performance, prioritising learning and action that will lead to improvement.</li> <li>I can cope with multiple information changes in stimuli and solve complex problems</li> </ul>	<ul style="list-style-type: none"> <li>I can change my game plan in response to my actions to surprise them or opponents I can choreograph for myself and others.</li> <li>I can improvise when necessary in order to achieve the required outcome</li> </ul>	<ul style="list-style-type: none"> <li>I can adapt a general fitness exercise programme to suit my specific needs.</li> <li>I can explain the benefits of a balanced health and fitness programme</li> </ul>
7	<ul style="list-style-type: none"> <li>I can perform a wide range of advanced skills with consistency and accuracy in pressure situations.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate a growth mindset a desire to improve and I am committed to self-reflection.</li> <li>I acknowledge my weakness and seek opportunities to work on them</li> </ul>	<ul style="list-style-type: none"> <li>I can mentor and empower others using effective questions to support, include and develop the.</li> <li>I seek advice from a variety of sources to enhance my performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can show a high level of awareness and anticipation in changing situations.</li> <li>I can make sound calculations of risk verses reward and use these to inform my decision making.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate flair and imagination to create the unexpected.</li> <li>I explore and create my own original solutions to problems</li> </ul>	<ul style="list-style-type: none"> <li>I can evaluate, adapt and develop my own specific training programme.</li> <li>I know how to train to improve specific types of fitness</li> </ul>