

West Green Primary PE Progression of Skills (real PE)

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Personal							
	I enjoy working on simple tasks with help.	I can follow instructions, practise safely and work on simple tasks by myself.	I try several times if at first I don't succeed and I ask for help when appropriate.	I know where I am with my learning and I have begun to challenge myself.	I cope well and react positively when things become difficult.	I can persevere with a task and improve my performance through regular practise.	I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set appropriate targets.
Social							
	I can play with others and take turns and share with help.	I can work sensibly with others, taking turns and sharing.	I can help, praise and encourage others in their learning.	I am happy to show and tell others my ideas, and can work in a small group.	I show patience and support others, listening carefully to them about our work.	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.	I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. I can involve others and motivate those around me to perform better.
Applying physical							
	I can move confidently in different ways.	I can perform a single skill or movement With some control. I can perform a small range of skills and link two movements together.	I can perform a range of skills with some control and consistency.	I can perform a sequence of movements with some changes in level, direction or speed.	I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.	I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.
Cognitive							
	I can follow simple instructions.	I can understand and follow simple rules. I can name some things I am good at.	I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.	I can understand the simple tactics of attacking and defending. I can notice ways I have been successful.	I can explain what I am doing well and I have begun to identify areas for improvement.	I can understand ways to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good tactical decisions.	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. I can recognise and suggest patterns of play which will increase chances of success and I can start to develop methods to outwit opponents.
Creative							
	I can observe and copy others.	I can explore and describe different movements.	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.	I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and	I can recognise similarities and differences in movements and expression and can use this as a basis for my own ideas.	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.	I can effectively disguise what I am about to do next. 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.
Health and Fitness							
	I am aware of the changes to the way I feel when I exercise.	I am aware of why exercise is important for good health.	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.	I can describe how my body changes during and after exercise. I can explain why we need to warm up and cool down.	I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down and can create my own warm up activities.	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am Working and improvements to my fitness.	I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme. I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers or risks when planning an activity.