

PERSONAL

Pre Level 1 Stay on task with help	
<ul style="list-style-type: none">• I enjoy working on simple tasks with help.	
Level 1 Stay on task	
<ul style="list-style-type: none">• I can follow instructions.• I can practise safely.• I can work on simple tasks by myself.	
Level 2 Keep trying	
<ul style="list-style-type: none">• I try several times if at first, I don't succeed.• I ask for help when appropriate.	
Level 3 Take control	
<ul style="list-style-type: none">• I know where I am with my learning.• I have begun to challenge myself.	
Level 4 Consistently try to improve	
<ul style="list-style-type: none">• I cope well and react positively when things become difficult.• I can persevere with a task.• I can improve my performance through regular practice.	
Level 5 Embrace challenge	
<ul style="list-style-type: none">• I see all new challenges as opportunities to learn and develop.• I recognise my strengths and weaknesses.• I can set myself appropriate targets.	
Level 6	
<ul style="list-style-type: none">• I can create my own learning plan and revise that plan when necessary.• I can accept critical feedback and make changes.	

SOCIAL

Pre Level 1 Play with others with help

- I can play with others with help.
- I can take turns and share with help.

Level 1 Understand others

- I can work sensibly with others.
- I can take turns and share.

Level 2 Help and encourage

- I can help praise and encourage others in their learning.

Level 3 Work well with others

- I show patience and support others, listening carefully to them about our work.
- I am happy to show and tell them about my ideas.

Level 4 Organise and guide others.

- I co-operate well with others and give helpful feedback.
- I help organise roles and responsibilities.
- I can guide a small group through a task.

Level 5 Improve others

- I can give and receive sensitive feedback to improve myself and others.
- I can negotiate and collaborate appropriately.

Level 6 Lead Others

- I can involve others and motivate those around me to perform better.

COGNITIVE

Pre Level 1 Follow instructions

- I can follow simple instructions

Level 1 Observe and describe

- I can understand and follow simple rules.
- I can name some things I am good at.

Level 2 Recognise and order

- I can begin to order instructions, movements and skills.
- With help, I can recognise similarities and differences in performance.
- I can explain why someone is working or performing well.

Level 3 Explain why

- I can understand the simple tactics of attacking and defending.
- I can explain what I am doing.
- I have begun to identify areas for improvement.

Level 4 Describe how to improve

- I can understand ways (criteria) to judge performance.
- I can identify specific parts to continue to work upon.
- I can use my awareness of space and others to make good decisions.

Level 5 Make good decisions

- I have a clear idea of how to develop my own and others' work.
- I can recognise and suggest patterns of play which will increase chances of success.
- I can develop methods to outwit opponents.

Level 6 Analyse performance

- I can review, analyse and evaluate my own and others' strengths and weaknesses.
- I can read and react to different game situations as they develop.

CREATIVE

Pre Level 1 Observe and copy	
<ul style="list-style-type: none">I can observe and copy others.	
Level 1 Explore and describe	
<ul style="list-style-type: none">I can explore and describe different movements.	
Level 2 Compare and develop	
<ul style="list-style-type: none">I can begin to compare my movements and skills with those of others.I can select and link movements together to fit a theme.	
Level 3 Recognise and respond	
<ul style="list-style-type: none">I can make up my own rules and versions of activities.I can respond differently to a variety of tasks or music.I can recognise similarities and differences in movement and expression.	
Level 4 Refine and change	
<ul style="list-style-type: none">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.	
Level 5 Express, adapt and adjust	
<ul style="list-style-type: none">I can respond imaginatively to different situations.I can adapt and adjust my skills, movements or tactics so they are different from or in contrast to others.	
Level 6 Variety and disguise	
<ul style="list-style-type: none">I can effectively disguise what I am about to do next.I can use variety and creativity to engage an audience.	

PHYSICAL

Pre Level 1 Travel in different ways	
<ul style="list-style-type: none"> I can move confidently in different ways. 	
Level 1 Perform single skills	
<ul style="list-style-type: none"> I can perform a single skill or movement with some control. I can perform a small range of skills. I can link two movements together. 	
Level 2 Perform simple sequences	
<ul style="list-style-type: none"> 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 and speed. 	
Level 3 Perform with control	
<ul style="list-style-type: none"> 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. 	
Level 4 Link with quality	
<ul style="list-style-type: none"> 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. 	
Level 5 Combine with fluency	
<ul style="list-style-type: none"> I can use combinations of skills confidently in sport specific contexts I can perform a range of skills fluently and accurately in practice situations. 	
Level 6 Apply with consistency	
<ul style="list-style-type: none"> I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations. 	

HEALTH and FITNESS

Pre Level 1 Play with others with help	
<ul style="list-style-type: none">I am aware of the changes to the way I feel when I exercise.	
Level 1 Explain benefits of exercise	
<ul style="list-style-type: none">I am aware of why exercise is important for good health	
Level 2 Practise safely	
<ul style="list-style-type: none">I can say how my body feels before, during and after exercise.I use equipment appropriately and move land safely.	
Level 3 Explain why	
<ul style="list-style-type: none">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.	
Level 4 Explain how to exercise	
<ul style="list-style-type: none">I can describe the basic fitness components.I can explain how often and how long I should exercise to be healthy.I can record and monitor how hard I am working.	
Level 5 Prepare myself for activity	
<ul style="list-style-type: none">I can self select and perform appropriate warm up and cool down activities.I can identify possible dangers when planning an activity	
Level 6 Plan my own fitness	
<ul style="list-style-type: none">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.	

