

# PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

| Year Group                                                            | Strands                    | Emergent                                                                                                                                                                                              | Established                                                                                                                                                                    | Expected                                                                                                                                                                                 | Exceeding                                                                                                                                                                                                                                             | Excelling                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reception                                                             | Competent Learner          | Will begin to move with some basic control, balance and coordination using a range of movements. Will begin to become aware of those around them and will move with some understanding of safety      | Can move with some basic control, balance and coordination using a range of movements. Safely negotiating space both in indoors and outdoors areas                             | Can move creatively with some basic control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas            | Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas                                                                    | Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence. |
|                                                                       | Active and Healthy Learner | Begins to understand that physical activity is good for our health and can differentiate activity from inactivity.                                                                                    | Understands that physical activity is good for our health and can differentiate activity from inactivity.                                                                      | Shows some understanding of which activities are good for our health and why it is important to be physically active and eat healthy                                                     | Understands and explains using appropriate vocabulary which activities are good for our health and why it is important to be physically active and eat healthy                                                                                        | Understands and explains the importance of being active and healthy using a range of appropriate vocabulary and shows some understanding of the effects exercise has on the body                                             |
|                                                                       | Reflective Learner         | Begin to follow simple instructions and rules. Begin to explain/comment on the simple actions and feelings                                                                                            | Follows simple instructions and rules. Can comment on the actions and feelings                                                                                                 | Listens and responds to tasks and sounds and can follow instructions and rules. Comments on their own and others' actions and feelings with some accuracy.                               | Listens and responds to set tasks and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings                                                                                            | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work                                                                            |
| COVID update – Shoes/socks rather than PE kit as children come in kit | Engaged Learner            | Will dress and undress for PE with support. Will Begin to play nicely with other children sharing and taking turns.                                                                                   | Can dress and undress for PE with support and will ask for help if needed. Plays nicely with other children sharing and taking turns.                                          | Can dress and undress for PE with minimum help and will communicate appropriately if they need support. Plays nicely with other children cooperating, taking turns and working together. | Can dress and undress for PE promptly with minimum help and will communicate appropriately, selecting, preparing and handling resources effectively. Plays nicely with other children cooperating, taking turns and can work together in small teams. | Can dress and undress for PE promptly without support. Prepares themselves for PE and can select the correct resources handling them safely and correctly.                                                                   |
|                                                                       | Disciplined Learner        | Begin to observe others showing a positive attitude towards activities and other students. Observe others working well with their peers by showing respect and listening well. Begin to stay on task. | Observe others showing a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task. | Begin to show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                    | Show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                                                                                          | Show a positive attitude towards activities and other students. Work well with others by showing respect and listening well. Stay on task and begin to be attentive in most tasks.                                           |

# PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

| Year Group                                                                   | Objectives                        | Emergent                                                                                                                                                                       | Established                                                                                                                                                                                 | Expected                                                                                                                                                                                                           | Exceeding                                                                                                                                                                                                                    | Excelling                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 1                                                                       | <b>Competent Learner</b>          | Can move with some basic control, balance and coordination using a range of movements. Safely negotiating space both in indoors and outdoors areas                             | Can move creatively with some basic control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas               | Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas                                 | Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence. | Can travel in a range of ways with balance, coordination and agility Can perform simple jumping actions with some control<br>Can send, strike and receive objects with some control in a range of activities<br>Understands how effective leadership supports performance<br>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work |
|                                                                              | <b>Active and Healthy Learner</b> | Understands that physical activity is good for our health and can differentiate activity from inactivity.                                                                      | Shows some understanding of which activities are good for our health and why it is important to be physically active and eat healthy                                                        | Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy                                                                                  | Understands and explains using appropriate vocabulary the importance of being active and healthy and shows some understanding of the effects exercise has on the body                                                        | Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body using a range of appropriate vocabulary                                                                                                                                                                                                         |
|                                                                              | <b>Reflective Learner</b>         | Follows simple instructions and rules. Can comment on the actions and feelings                                                                                                 | Listens and responds to tasks, and sounds and can follow instructions and rules. Comments on their own and others' actions and feelings with some accuracy.                                 | Listens and responds to set tasks and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings                                                         | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work                                                                            | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work                                                                                                                                                                                                                             |
| <b>COVID update – Shoes/socks rather than PE kit as children come in kit</b> | <b>Engaged Learner</b>            | Can dress and undress for PE with support and will ask for help if needed<br>Plays nicely with other children sharing and taking turns.                                        | Can dress and undress for PE with minimum help and will communicate appropriately if they need support.<br>Plays nicely with other children cooperating, taking turns and working together. | Can dress and undress for PE promptly with minimum help and will communicate appropriately , selecting, preparing and handling resources effectively<br>Plays nicely with other children cooperating, taking turns | Can dress and undress for PE promptly without support<br>Prepares themselves for PE and can select the correct resources handling them safely and correctly.                                                                 | Prepares themselves for PE and sport demonstrating understanding of appropriate kit and resource.<br>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.                                                                                                                                                       |
|                                                                              | <b>Disciplined Learner</b>        | Observe others showing a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task. | Begin to show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                       | Show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                                                       | Show a positive attitude towards activities and other students. Work well with others by showing respect and listening well. Stay on task and begin to be attentive in most tasks.                                           | Demonstrate a positive attitude to all activities and begin to be respectful towards others. Follow rules and listen well to instructions. Stay on task and be attentive in most activities.                                                                                                                                                                                             |

# PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

| Year Group                                                                         | Objectives                        | Emergent                                                                                                                                                                                 | Established                                                                                                                                                                                                                                             | Expected                                                                                                                                                                                                                     | Exceeding                                                                                                                                                                                                                                                                                                                                                                                | Excelling                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 2                                                                             | <b>Competent Learner</b>          | Can move creatively with some basic control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas            | Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas                                                                      | Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence. | Can travel in a range of ways with balance, coordination and agility Can perform simple jumping actions with some control<br>Can send, strike and receive objects with some control in a range of activities<br>Understands how effective leadership supports performance<br>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work | Consistently demonstrates improvements to their work showing confidence and creativity in PE.<br>Can demonstrate how strategies and tactics improve their work<br>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range leaping and jumping actions with control<br>Can send, strike and receive objects with some control and accuracy in a range of activities<br>Demonstrates leadership qualities in different situations |
|                                                                                    | <b>Active and Healthy Learner</b> | Shows some understanding of which activities are good for our health and why it is important to be physically active and eat healthy                                                     | Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy                                                                                                                       | Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body                                                                                     | Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body                                                                                                                                                                                                                                                 | Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development                                                                                                                                                                                                                                                                                  |
|                                                                                    | <b>Reflective Learner</b>         | Listens and responds to tasks, and sounds and can follow instructions and rules. Comments on their own and others' actions and feelings with some accuracy.                              | Listens and responds to set tasks, and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings                                                                                             | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work                                                                            | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work                                                                                                                                                                                                                             | Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection                                                                                                                                                                                                                                                                                                                                                      |
| <b>COVID update – Shoes/socks/water rather than PE kit as children come in kit</b> | <b>Engaged Learner</b>            | Can dress and undress for PE with minimum help and will communicate appropriately if they need support. Plays nicely with other children cooperating, taking turns and working together. | Can dress and undress for PE promptly with minimum help and will communicate appropriately, selecting, preparing and handling resources effectively<br>Plays nicely with other children cooperating, taking turns and can work together in small teams. | Can dress and undress for PE promptly without support<br>Prepares themselves for PE and can select the correct resources handling them safely and correctly. Cooperates and works well in teams                              | Prepares themselves for PE and sport demonstrating understanding of appropriate kit and resource.<br>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.                                                                                                                                                       | Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                    | <b>Disciplined Learner</b>        | Begin to show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                    | Show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task.                                                                                            | Show a positive attitude towards activities and other students. Work well with others by showing respect and listening well. Stay on task and begin to be attentive in most tasks.                                           | Demonstrate a positive attitude to all activities and begin to be respectful towards others. Follow rules and listen well to instructions. Stay on task and be attentive in most activities.                                                                                                                                                                                             | Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all activities. When working with others wait                                                                                                                                                                                                                                                             |

# PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

|  |  |  |  |  |  |                                                           |
|--|--|--|--|--|--|-----------------------------------------------------------|
|  |  |  |  |  |  | their turn and show kindness and consideration to others. |
|--|--|--|--|--|--|-----------------------------------------------------------|

| Year Group                                                                  | Objectives                 | Emergent                                                                                                                                                                                                                                                 | Established                                                                                                                                                                                                                  | Expected                                                                                                                                                                                                                                                                                                                                                                                 | Exceeding                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Excelling                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 3                                                                      | Competent Learner          | Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas                                                                       | Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence. | Can travel in a range of ways with balance, coordination and agility Can perform simple jumping actions with some control<br>Can send, strike and receive objects with some control in a range of activities<br>Understands how effective leadership supports performance<br>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work | Consistently demonstrates improvements to their work showing confidence and creativity in PE.<br>Can demonstrate how strategies and tactics improve their work<br>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range leaping and jumping actions with control<br>Can send, strike and receive objects with some control and accuracy in a range of activities<br>Demonstrates leadership qualities in different situations | Can perform and link range skills with control and consistency in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.<br>Takes the lead in a range of situations and activities, |
|                                                                             | Active and Healthy Learner | Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy                                                                                                                        | Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body                                                                                     | Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body                                                                                                                                                                                                                                                 | Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development                                                                                                                                                                                                                                                                                  | Understands the importance of speed, endurance and stamina and how this effects performance<br>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle                                                                                                                                      |
|                                                                             | Reflective Learner         | Listens and responds to set tasks, and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings                                                                                              | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work                                                                            | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work                                                                                                                                                                                                                             | Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection                                                                                                                                                                                                                                                                                                                                                      | Will consistently improve their own work and others work through observation, effective communication and reflection                                                                                                                                                                                                                    |
| COVID update – Shoes/socks/water rather than PE kit as children come in kit | Engaged Learner            | Can dress and undress for PE promptly with minimum help and will communicate appropriately , selecting, preparing and handling resources effectively<br>Plays nicely with other children cooperating, taking turns and can work together in small teams. | Can dress and undress for PE promptly without support<br>Prepares themselves for PE and can select the correct resources handling them safely and correctly. Cooperates and works well in teams                              | Prepares themselves for PE and sport demonstrating understanding of appropriate kit and resource.<br>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.                                                                                                                                                       | Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.                                                                                                                                                                                                                                                                                                                                                                    | Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson<br>Is motivated by competition and competes respectfully and fairly following rules                                                                                                                                                    |

## PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

|  |                            |                                                                                                                                                              |                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                |
|--|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Disciplined Learner</b> | Show a positive attitude towards activities and other students. Begin to work well with others by showing respect and listening well. Begin to stay on task. | Show a positive attitude towards activities and other students. Work well with others by showing respect and listening well. Stay on task and begin to be attentive in most tasks. | Demonstrate a positive attitude to all activities and begin to be respectful towards others. Follow rules and listen well to instructions. Stay on task and be attentive in most activities. | Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all activities. When working with others wait their turn and show kindness and consideration to others. | Begin to show self-discipline within practical tasks and continue to demonstrate a positive attitude to all activities. Be respectful, kind and considerate when working with others. Take it in turns in group activities and offer support to their peers. Follow rules and listen well to all instructions. |
|--|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Year Group                                                                         | Objectives                        | Emergent                                                                                                                                                                                                                     | Established                                                                                                                                                                                                                                                                                                                                                                                 | Expected                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Exceeding                                                                                                                                                                                                                                                                                                                               | Excelling                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 4                                                                             | <b>Competent Learner</b>          | Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence. | Can travel in a range of ways with balance, coordination and agility<br>Can perform simple jumping actions with some control<br>Can send, strike and receive objects with some control in a range of activities<br>Understands how effective leadership supports performance<br>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work | Consistently demonstrates improvements to their work showing confidence and creativity in PE.<br>Can demonstrate how strategies and tactics improve their work<br>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range leaping and jumping actions with control<br>Can send, strike and receive objects with some control and accuracy in a range of activities<br>Demonstrates leadership qualities in different situations | Can perform and link range skills with control and consistency in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.<br>Takes the lead in a range of situations and activities, | Consistently performs and competes in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Uses originality, imagination and creativity in techniques, tactics and choreography to effectively improve performance<br>Takes the lead in a range of situations and activities making suggestions that improve performance. |
|                                                                                    | <b>Active and Healthy Learner</b> | Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body                                                                                     | Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body                                                                                                                                                                                                                                                    | Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development                                                                                                                                                                                                                                                                                  | Understands the importance of speed, endurance and stamina and how this effects performance<br>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle                                                                                                                                      | Can remain active for sustained periods of time and demonstrates a good level of fitness<br>Understands how speed, endurance and stamina effects performance<br>Shows good understanding of the importance of a healthy and balanced diet/lifestyle and how different food groups effect our body and performance                                                                 |
|                                                                                    | <b>Reflective Learner</b>         | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work                                                                            | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work                                                                                                                                                                                                                                | Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection                                                                                                                                                                                                                                                                                                                                                      | Will consistently improve their own work and others work through observation, effective communication and reflection                                                                                                                                                                                                                    | Will consistently and accurately improves their own and others work through observation, effective communication and reflection understanding what has made the performance effective                                                                                                                                                                                             |
| <b>COVID update – Shoes/socks/water rather than PE kit as children come in kit</b> | <b>Engaged Learner</b>            | Can dress and undress for PE promptly without support<br>Prepares themselves for PE and can select the correct resources handling them safely and correctly.<br>Cooperates and works well in teams                           | Prepares themselves for PE and sport demonstrating understanding of appropriate kit and resource.<br>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.                                                                                                                                                          | Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.                                                                                                                                                                                                                                                                                                                                                                    | Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson<br>Is motivated by competition and competes respectfully and fairly following rules                                                                                                                                                    | Is eager to impress in PE and sport and displays an excellent sporting attitude.<br>Stays on task for prolonged periods of time demonstrating perseverance in the whole range of activities                                                                                                                                                                                       |
|                                                                                    | <b>Disciplined Learner</b>        | Show a positive attitude towards activities and other students. Work well with others by showing respect and listening well. Stay on task and begin to be attentive in most tasks.                                           | Demonstrate a positive attitude to all activities and begin to be respectful towards others. Follow rules and listen well to instructions.                                                                                                                                                                                                                                                  | Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all                                                                                                                                                                                                                                                                                                       | Begin to show self-discipline within practical tasks and continue to demonstrate a positive attitude to all activities. Be respectful, kind and considerate when working with                                                                                                                                                           | Demonstrate self-discipline within all practical tasks and show a positive attitude through the lesson. Be kind, respectful and considerate with working with others. Show                                                                                                                                                                                                        |

# PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

|  |  |  |                                                   |                                                                                                     |                                                                                                                                  |                                                                                                                 |
|--|--|--|---------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  |  |  | Stay on task and be attentive in most activities. | activities. When working with others wait their turn and show kindness and consideration to others. | others. Take it in turns in group activities and offer support to their peers. Follow rules and listen well to all instructions. | support for their peers and follow rules and listen well. Begin to take responsibility for their own behaviour. |
|--|--|--|---------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|

| Year Group                                                                         | Objectives                        | Emergent                                                                                                                                                                                                                                                                                                                                                                                 | Established                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Expected                                                                                                                                                                                                                                                                                                                                | Exceeding                                                                                                                                                                                                                                                                                                                                                                         | Excelling                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 5                                                                             | <b>Competent Learner</b>          | Can travel in a range of ways with balance, coordination and agility Can perform simple jumping actions with some control<br>Can send, strike and receive objects with some control in a range of activities<br>Understands how effective leadership supports performance<br>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work | Consistently demonstrates improvements to their work showing confidence and creativity in PE.<br>Can demonstrate how strategies and tactics improve their work<br>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range leaping and jumping actions with control<br>Can send, strike and receive objects with some control and accuracy in a range of activities<br>Demonstrates leadership qualities in different situations | Can perform and link range skills with control and consistency in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.<br>Takes the lead in a range of situations and activities, | Consistently performs and competes in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Uses originality, imagination and creativity in techniques, tactics and choreography to effectively improve performance<br>Takes the lead in a range of situations and activities making suggestions that improve performance. | Performs and Competes in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Techniques and ideas and apply them accurately and appropriately in different physical activities, when performing in different physical activities, they consistently show precision, control and fluency.<br>They can draw on what they know about strategy, tactics and composition to produce effective outcomes<br>They modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances, taking the lead where possible to have an impact on performance. |
|                                                                                    | <b>Active and Healthy Learner</b> | Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body                                                                                                                                                                                                                                                 | Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development                                                                                                                                                                                                                                                                                  | Understands the importance of speed, endurance and stamina and how this effects performance<br>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle                                                                                                                                      | Can remain active for sustained periods of time and demonstrates a good level of fitness<br>Understands how speed, endurance and stamina effects performance<br>Shows good understanding of the importance of a healthy and balanced diet/lifestyle and how different food groups effect our body and performance                                                                 | They remain active for sustained periods of time and demonstrate good levels of fitness<br>They can explain how the body reacts during different types of activity and why physical activity is an essential component of a healthy lifestyle<br>Understand how different components of fitness effect performance<br>Can explain how appropriate food groups can affect performance and has a good understanding of general health.                                                                                                                                                                                                                                    |
|                                                                                    | <b>Reflective Learner</b>         | Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work                                                                                                                                                                                                                             | Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection                                                                                                                                                                                                                                                                                                                                                      | Will consistently improve their own work and others work through observation, effective communication and reflection                                                                                                                                                                                                                    | Will consistently and accurately improves their own and others work through observation, effective communication and reflection understanding what has made the performance effective                                                                                                                                                                                             | They use imaginative ways to solve problems, overcome challenges<br>They draw on what they know about strategy, tactics and composition and what they know about their own and others' strengths and weaknesses<br>They analyse and comment on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance and suggest ways to improve.                                                                                                                                                                                                                                                        |
| <b>COVID update – Shoes/socks/water rather than PE kit as children come in kit</b> | <b>Engaged Learner</b>            | Prepares themselves for PE and sport demonstrating understanding of appropriate kit and resource.<br>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.                                                                                                                                                       | Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.                                                                                                                                                                                                                                                                                                                                                                    | Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson<br>Is motivated by competition and competes respectfully and fairly following rules                                                                                                                                                    | Is eager to impress in PE and sport and displays an excellent sporting attitude.<br>Stays on task for prolonged periods of time demonstrating perseverance in the whole range of activities                                                                                                                                                                                       | Consistently impresses in PE and sport and eagerly wish to be challenged and compete where possible while consistently displaying an excellent sporting attitude.<br>Displays perseverance in all tasks set and is driven to succeed and entertain audiences                                                                                                                                                                                                                                                                                                                                                                                                            |
|                                                                                    | <b>Disciplined Learner</b>        | Demonstrate a positive attitude to all activities and begin to be respectful towards others. Follow rules and listen well to instructions. Stay on                                                                                                                                                                                                                                       | Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be                                                                                                                                                                                                                                                                                                                        | Begin to show self-discipline within practical tasks and continue to demonstrate a positive attitude to all activities. Be respectful, kind and                                                                                                                                                                                         | Demonstrate self-discipline within all practical tasks and show a positive attitude through the lesson. Be kind, respectful and considerate with                                                                                                                                                                                                                                  | Confidently demonstrate self-discipline throughout the whole lesson. Show a positive attitude towards the lesson, their peers and the teacher. Be kind,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

|  |  |                                           |                                                                                                                      |                                                                                                                                                                |                                                                                                                                           |                                                                                                                                                                                                                        |
|--|--|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | task and be attentive in most activities. | attentive in all activities. When working with others wait their turn and show kindness and consideration to others. | considerate when working with others. Take it in turns in group activities and offer support to their peers. Follow rules and listen well to all instructions. | working with others. Show support for their peers and follow rules and listen well. Begin to take responsibility for their own behaviour. | respectful and considerate to everyone. Show support and offer guidance to their peers. Follow all rules and listen to all instructions. Take responsibility for their own behaviour and strive to achieve their best. |
|--|--|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Year Group                                          | Objectives                 | Emergent                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Established                                                                                                                                                                                                                                                                                                                             | Expected                                                                                                                                                                                                                                                                                                                                                                          | Exceeding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Excelling                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 6                                              | Competent Learner          | Consistently demonstrates improvements to their work showing confidence and creativity in PE.<br>Can demonstrate how strategies and tactics improve their work<br>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range leaping and jumping actions with control<br>Can send, strike and receive objects with some control and accuracy in a range of activities<br>Demonstrates leadership qualities in different situations | Can perform and link range skills with control and consistency in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.<br>Takes the lead in a range of situations and activities, | Consistently performs and competes in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Uses originality, imagination and creativity in techniques, tactics and choreography to effectively improve performance<br>Takes the lead in a range of situations and activities making suggestions that improve performance. | Performs and Competes in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Use techniques and ideas and apply them accurately and appropriately in different physical activities, when performing in different physical activities, they consistently show precision, control and fluency.<br>They can draw on what they know about strategy, tactics and composition to produce effective outcomes<br>They modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances, taking the lead where possible to have an impact on performance. | Will confidently and creatively perform and compete in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities<br>Can confidently use techniques and ideas and apply them consistently with accuracy and appropriately when performing in different physical activities, they consistently show precision, control and fluency.<br>They can work technically and strategically drawing on what they know about strategy, tactics and composition to produce effective outcomes<br>They will constantly strive for excellence and modify and refine skills and techniques to improve individual and team performance and adapt their actions in response to changing circumstances, they will lead on team situations and will work hard for excellence |
|                                                     | Active and Healthy Learner | Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development                                                                                                                                                                                                                                                                                  | Understands the importance of speed, endurance and stamina and how this effects performance<br>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle                                                                                                                                      | Can remain active for sustained periods of time and demonstrates a good level of fitness<br>Understands how speed, endurance and stamina effects performance<br>Shows good understanding of the importance of a healthy and balanced diet/lifestyle and how different food groups effect our body and performance                                                                 | They remain active for sustained periods of time and demonstrate good levels of fitness<br>They can explain how the body reacts during different types of activity and why physical activity is an essential component of a healthy lifestyle<br>Understand how different components of fitness effect performance<br>Can explain how appropriate food groups can affect performance and has a good understanding of general health.                                                                                                                                                                                                                                        | They remain active for sustained periods of time and demonstrate high levels of fitness<br>They can explain how the body reacts during different types of activity and why physical activity is an essential component of a healthy lifestyle<br>Understand how different components of fitness effect performance<br>Can explain how appropriate food groups can affect performance and has a good understanding of general health.<br>They have a solid understanding of health and wellbeing and act as a role model and advocate for physical activity and sport                                                                                                                                                                                                                                     |
|                                                     | Reflective Learner         | Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection                                                                                                                                                                                                                                                                                                                                                      | Will consistently improve their own work and others work through observation, effective communication and reflection                                                                                                                                                                                                                    | Will consistently and accurately improves their own and others work through observation, effective communication and reflection understanding what has made the performance effective                                                                                                                                                                                             | They use imaginative ways to solve problems, overcome challenges<br>They draw on what they know about strategy, tactics and composition and what they know about their own and others' strengths and weaknesses<br>They analyse and comment on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance and suggest ways to improve.                                                                                                                                                                                                                                                            | They confidently and creatively use imaginative ways to solve problems, overcome challenges and can explain their reasons.<br>They will identify and discuss the effectiveness of what they know about strategy, tactics and composition and what they know about their own and others' strengths and weaknesses and how this impacts on performance.<br>They use technical terms when analysing and commenting on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance and will suggest consistent correct way ways to improve performance.                                                                                                                                                                             |
| COVID update – Shoes/socks/water rather than PE kit | Engaged Learner            | Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.                                                                                                                                                                                                                                                                                                                                                                    | Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson<br>Is motivated by competition and competes respectfully and fairly following rules                                                                                                                                                    | Is eager to impress in PE and sport and displays an excellent sporting attitude. Stays on task for prolonged periods of most of the time demonstrates perseverance in the whole range of activities                                                                                                                                                                               | Consistently impresses in PE and sport and likes to be challenged and compete where possible while consistently displaying a good sporting attitude. Displays perseverance in all tasks set and is driven to succeed.                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Is always eager and consistently impresses in PE and sport and eagerly wishes to be challenged and compete where possible while consistently displaying an outstanding sporting attitude.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## PE PROGRESSION OF KNOWLEDGE AND SKILLS – MORTON TRENTSIDE PRIMARY SCHOOL

| as children come in kit |                                   |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                | Consistently displays perseverance in all tasks set and has a real drive to succeed and entertain. Often demonstrates skills such as discussing, debating, planning, creating and problem solving within tasks and activities.                                                                                                                                                                                                       |
|-------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                         | <b><i>Disciplined Learner</i></b> | Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all activities. When working with others wait their turn and show kindness and consideration to others. | Begin to show self-discipline within practical tasks and continue to demonstrate a positive attitude to all activities. Be respectful, kind and considerate when working with others. Take it in turns in group activities and offer support to their peers. Follow rules and listen well to all instructions. | Demonstrate self-discipline within all practical tasks and show a positive attitude through the lesson. Be kind, respectful and considerate with working with others. Show support for their peers and follow rules and listen well. Begin to take responsibility for their own behaviour. | Confidently demonstrate self-discipline throughout the whole lesson. Show a positive attitude towards the lesson, their peers and the teacher. Be kind, respectful and considerate to everyone. Show support and offer guidance to their peers. Follow all rules and listen to all instructions. Take responsibility for their own behaviour and strive to achieve their best. | Confidently demonstrate self-discipline throughout the whole lesson. Consistently show a positive attitude towards the lesson, their peers and the teacher. Always demonstrate kindness, respectful and consideration to everyone. Show support and offer guidance to their peers. Follow all rules and listen to all instructions. Continue to take responsibility for their own behaviour and always strive to achieve their best. |