

PE Progression at Bolton Brow Primary Academy.



Key: **Purple** – exceeding, **green** – expected & **red** - working towards

Multi-ability Cog Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Personal Cog	I can follow instructions, practise safely and work on simple tasks by myself I enjoy working on simple tasks with help	I try several times if at first I don't succeed and ask for help when appropriate I can follow instructions, practise safely and work on simple tasks by myself I enjoy working on simple tasks with help	I know where I am with my learning and I have begun to challenge myself I try several times if at first I don't succeed and I ask for help when appropriate I can follow instructions, practise safely and work on simple tasks by myself	I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice I know where I am with my learning, and I have begun to challenge myself I try several times if at first, I don't succeed and I ask for help when appropriate	I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice I know where I am with my learning and I have begun to challenge myself I try several times if at first I don't succeed and I ask for help when appropriate	I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice	
Social Cog	I can work sensibly with others, taking turns and sharing I can play with others and take turns and share with help	I can help praise and encourage others in their learning I can work sensibly with others, taking turns and sharing I can play with others and take turns and share with help	I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas I can help praise and encourage others in their learning I can work sensibly with others, taking turns and sharing	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas I can help praise and encourage others in their learning	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas I can help praise and encourage others in their learning	I can involve others and motivate those around me to perform better I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task	
Cognitive Cog	I can understand and follow simple rules and can name some things I am good at I can follow simple instructions	I can begin to order instructions, movements, and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well I can understand and follow simple rules and can name some things I am good at I can follow simple instructions	I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well I can understand and follow simple rules and can name some things I am good at	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions I can understand the simple tactics of attacking and defending. I can explain what I am doing well, and I have begun to identify areas for improvement I can begin to order instructions, movements, and skills. With help I can recognise similarities and differences in performance	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well	I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions	
Creative Cog	I can explore and describe different movements I can observe and copy others	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme I can explore and describe different movements I can observe and copy others	I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme I can explore and describe different movements	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme	I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging	

<p>Applying Physical Cog</p>	<p>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together I can move confidently in different ways</p>	<p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together I can move confidently in different ways</p>	<p>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together</p>	<p>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed</p>	<p>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed</p>	<p>I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities</p>
<p>Health & Fitness Cog</p>	<p>I am aware of why exercise is important for good health I am aware of the changes to the way I feel when I exercise</p>	<p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely I am aware of why exercise is important for good health I am aware of the changes to the way I feel when I exercise</p>	<p>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely I am aware of why exercise is important for good health</p>	<p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely</p>	<p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely</p>	<p>I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working</p>

Progression of Skills (Fundamental Movement Skills)

Please refer to the FUNS Framework document.