

Bleak Hill Primary School

PE Concepts and Progression



	Personal	Social	Applying physically	Creative	Cognitive	Health and fitness
Overview	<p>Taking responsibility for own learning – Creating own learning plans and revise that plan when necessary. Accepting critical feedback and making changes.</p> <p>Embracing Challenges - seeing all new challenges as opportunities to learn and develop.</p> <p>Recognising strengths and weaknesses to set appropriate targets.</p>	<p>To lead and improve others – to involve and motivate others to perform better. To give sensitive and constructive feedback.</p>	<p>Apply with consistency - effectively transfer skills and movements across a range of activities and sports. Perform a variety of skills consistently and effectively in challenging or competitive situations.</p> <p>Combine with Fluency - use combinations of skills confidently in sport specific contexts.</p> <p>Perform a range of skills fluently and accurately in practice situations.</p>	<p>Analyse Performance - to review, analyse and evaluate own and others' strengths and weaknesses and to read and react to different game situations as they develop.</p> <p>Make good decisions - a clear idea of how to develop own and others' work. To recognise and suggest patterns of play which will increase chances of success and develop methods to outwit opponents.</p>	<p>Variety and Disguise - effectively disguise what will be completed next. Use variety and Creativity to engage an audience.</p> <p>Express, adapt and adjust - respond imaginatively to different situations, adapting and adjusting skills, movements or tactics so they are different from or in contrast to others.</p>	<p>Plan own fitness - explain how individuals need different types and levels of fitness to be more effective in their activity/role/event.</p> <p>Plan and follow a basic fitness programme.</p> <p>Prepare for activity - self-select and perform appropriate warm up and cool down activities. Identify possible dangers when planning an activity.</p>

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Expected End of EYFS	Follow Instructions safely. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge	Set and work towards simple goals, being able to wait for what they want.	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically.	Demonstrate strength, balance and coordination when playing.	Explain the reasons for rules, know right from wrong and try to behave accordingly	Understand the importance of healthy food choices
Expected End of KS1	Persevering – Continue to try and staying on task. Following instructions.	To help, praise and encourage others in their learning. To take turns and share with others.	Performing a single skill or short sequence - performing a range of skills with some control and consistency. Performing a sequence of movements with some changes in level, direction or speed.	Recognise and order - begin to order instructions, movements and skills. With help, recognise similarities and differences in performance and explain why someone are working or performing well. Observe and describe - understand and follow simple rules. Follow simple instructions	Compare and develop - begin to compare my movements and skills with those of others. Select and link movements together to fit a theme. Explore and describe different movements. Observe and copy others.	Practise safely - say how our body feels before, during and after exercise. Use equipment appropriately and move and land safely. Explain benefits of exercise - aware of why exercise is important for good health. Describe simple changes - aware of the changes to the how the body feels when participating in exercise.
Expected end of LKS2	Taking control – understanding where we are at with our own learning and Challenging ourselves.	To work well with others - show patience and support others, listening carefully to them about our work. Happy to show and tell them about ideas.	Apply with consistency - effectively transfer skills and movements across a range of activities and sports. Performing a variety of skills consistently and effectively in challenging or competitive situations. Combining with fluency - use combinations of skills confidently in sport specific contexts. Performing a range of skills fluently and	Explain why - understand the simple tactics of attacking and defending. To explain what they are doing well and have begun to identify areas for improvement.	Recognise and Respond - make up rules and versions of activities. Respond differently to a variety of tasks or music and recognise similarities and differences in movements and expression.	Explain why - describe how and why body changes during and after exercise. Explain why we need to warm up and cool down.

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			accurately in practice situations Performing with Control - perform and repeat longer sequences with clear shapes and controlled movement. Selecting and apply a range of skills with good control and consistency.			
Expected End of UKS2	Consistently trying to improve – coping well and reacting positively when things become difficult. Persevering with a task and improving performance through regular practice.	Organise and guide others - cooperate well with others and give helpful feedback. To organise roles and responsibilities and guide a small group through a task.	Link with Quality - perform a variety of movements and skills with good body tension. Linking actions together so that they flow in running, jumping and throwing activities.	Describe how to improve - understand ways (Criteria) to judge performance and identify specific parts to continue to work upon. To use awareness of space and others to make good decisions.	Refine and Change - link actions and develop sequences of movements that express own ideas. Change tactics, rules or tasks to make activities more fun or challenging.	Explain how to exercise - describe the basic fitness components and explain how often and how long exercise should be to be healthy. Record and monitor how hard they are working.