

## Tacolneston and Morley Federation: PE Core Skills Progression

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- ELG: They move confidently in a range of ways, safely negotiating space.
- ELG: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- ELG: They manage their own basic hygiene and personal needs successfully, including dressing ... independently.
- ELG: Children play co-operatively, taking turns with others.
- ELG: Children are confident to try new activities, and say why they like some activities more than others.

1

- Participate in warm up activities.
- Exercise safely and with some control.
- Follow rules and demonstrate 'fair play'.
- Show awareness of good sportsmanship.
- Discuss own performance.
- Begin to describe how the body feels during and after activities.

2

- Copy/follow warm up activities correctly.
- Exercise safely by finding appropriate spaces and using apparatus safely.
- Follow a number of rules and routinely show 'fair play'
- Show an understanding of good sportsmanship.
- Describe own performance as well as what others have done.
- Describe how the body feels during and after activities.

3

- Begin to explain why it is important to warm up.
- Explain how to stay safe when exercising.
- Follow a set of rules and engage in 'fair play'.
- Begin to demonstrate good sportsmanship.
- Describe differences between own and others' performances.

4

- Explain why it is important to warm up and the effect it has on the body.
- Explain how to stay safe when exercising, applying basic safety principles.
- Follow rules competitively, but fairly and appropriately.
- Demonstrate good sportsmanship.
- Compare own performance with others' performance.

5

- Explain why it is important/necessary to warm up / cool down.
- Explain why physical exercise is good for health.
- Follow a set of advanced rules.
- Encourage good sportsmanship in others.
- Modify and refine skills to improve performance.

6

- Begin to effectively lead a warm up.
- Explain why regular, safe exercise is good for fitness and health.
- Follow a set of advanced rules competitively, but fairly.
- Encourage and model good sportsmanship for others.
- Evaluate, model and refine skills to improve performance.