

Year Group	Personal	Social	Cognitive	Creative	Physical	Health and Fitness
EYFS	I enjoy working on simple tasks with help	I can play with others and take turns and share with help	I can follow simple instructions	I can observe and copy others	I can move confidently in different ways	I am aware of the changes to the way I feel when I exercise
1	I can follow instructions, practise safely and work on simple tasks by myself.	I can work sensibly with others, taking turns and Sharing.	I can understand and follow simple rules and can name some things I am good at some things I am good at.	I can explore and describe different movements.	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 am aware of why exercise is important for good health.
2	I try several times if at first I don't succeed and I ask for help when appropriate.	I can help praise and encourage others in their Learning.	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 begin to compare my movements and skills with those of others.  I can select and link movements together to fit a theme.	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 say how my body feels before, during and after exercise.  I use equipment appropriately and move and land safely.
3	I know where I am with my learning	I show patience and support others,	I can understand the simple tactics of	I can make up my own rules and	I can perform and repeat longer	I can describe how and why my body

	and I have begun to challenge myself.	listening well to them about our work.  I am happy to show and tell them about my ideas.	attacking and defending.  I can explain what I am doing well and I have begun to identify areas for improvement.	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.	sequences with clear shapes and controlled movement.  I can select and apply a range of skills with good control and consistency.	feels during and after exercise.  I can explain why we need to warm up and cool down.
<b>4</b>	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 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 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 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 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 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.
<b>5</b>	I see all new challenges as opportunities to learn and develop.	I can give and receive sensitive feedback to improve myself and others.	I have a clear idea of how to develop my own and others' work.	I can respond imaginatively to different situations, adapting and adjusting my skills, movements or	I can use combinations of skills confidently in sport specific contexts.	I can self select and perform appropriate warm up and cool down activities.

	I recognise my strengths and weaknesses and can set myself appropriate targets.	I can negotiate and collaborate appropriately.	I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents.	tactics so they are different from or in contrast to others.	I can perform a range of skills fluently and accurately in practice situations.	I can identify possible dangers when planning an activity.
6	I can create my own learning plan and revise that plan when necessary.  I can accept critical feedback and make changes.	I can involve others and motivate those around me to perform better.	I can review, analyse and evaluate my own and others' strengths and weaknesses.  I can read and react to different game situations as they develop.	I can effectively disguise what I am about to do next.  I can use variety and creativity to engage an audience.	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 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.