



PE (Make informed choices about healthy, active life styles)



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
HALS1.1 I can communicate about how to exercise safely, identifying at least two of the five reasons	HALS2.1 I can communicate about how to exercise safely, identifying at least three of the five reasons	HALS3.1 I can communicate about how to exercise safely, identifying at least four of the five reasons	HALS4.1 I can give reasons why physical activity is good for my health	HALS5.1 I can explain and apply basic safety principles in preparing for exercise	HALS6.1 I can explain how the body reacts during different types of exercise and warm up and cool down in ways that suit the activity.
HALS1.2 I can recognise changes to my body during exercise, identifying at least two of the five changes	HALS2.2 I can recognise changes to my body during exercise, identifying at least three of the five changes	HALS3.2 I can recognise changes to my body during exercise, identifying at least four of the five changes	HALS4.2 I can plan and lead a warm up with some support	HALS5.2 I can describe what effects exercise has on my body and how it is valuable to my fitness and health	HALS6.2 I can explain why regular safe exercise is good for my fitness and health
HALS1.3 I can identify some foods that are good for you	HALS2.3 I can name the main external parts of the body	HALS3.3 I can name two parts of the warm up	HALS4.3 I can name at least four muscles	HALS5.3 I know a varied diet is required to remain healthy	HALS6.3 I can explain the need for a balanced diet
HALS1.4 I can identify when to warm up	HALS2.4 I can identify the names of two muscles	HALS3.4 I know the two reasons for warming up	HALS4.4 I can describe a balanced diet	HALS5.4 I can plan and lead a full warm up without support	HALS6.4 I understand about different types of health and fitness
HALS1.5 I know that a stretch must be held for at least ten seconds	HALS2.5 I can lead at least one part of the warm up with support	HALS3.5 I can identify the names of three muscles	HALS4.5 I know I need to exercise outside of school to remain healthy	HALS5.5 I can describe the importance of a warm up and cool down	HALS6.5 I can describe what my body is feeling with good use of terminology
	HALS2.6 I know there are two parts to the warm up	HALS3.6 I can lead at least two parts of the warm up with support	HALS4.6 I can communicate about how to exercise safely, identifying all five reasons	HALS5.6 I can identify the name of five muscles	HALS6.6 I can identify the benefits of being physically active; social, emotional and physical
	HALS2.7 I can stretch independently		HALS4.7 I can recognise changes to my body during exercise, identifying all five changes		



PE (Develop physical and mental capacity)



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
DPMC1.1 I can move freely and safely within the available space	DPMC2.1 I can take part in a team game most of the time	DPMC3.1 I know what my personal best is in an activity	DPMC4.1 I can recognise what is successful	DPMC5.1 I can set myself a realistic target to improve my performance	DPMC6.1 I can identify the reason why I won or lost
DPMC1.2 I can use the equipment correctly and safely	DPMC2.2 I know when to hydrate during exercise	DPMC3.2 I can take part in a team game the whole time	DPMC4.2 I know what my personal best in an activity.	DPMC5.2 I can use rules and keep playing a game without dispute	DPMC6.2 I can keep to the rules of a game without dispute.
DPMC1.3 I can participate in command-based games with some support	DPMC2.3 I attempt most activities without giving up	DPMC3.3 I know how to keep score in a game	DPMC4.3 I can persevere with all tasks	DPMC5.3 I am able to set myself physical targets	DPMC6.3 I can accept defeat appropriately
DPMC1.4 I can take part in a team game for a period of time	DPMC2.4 I can play to the rules of the game	DPMC3.4 I can understand that fitness improvements are identified through relevant testing	DPMC4.4 I can take part in a competitive situation in a number of different activities	DPMC5.4 I am able to challenge myself during lessons	DPMC6.4 I use PE / Science specific terminology regularly
	DPMC2.5 I can keep score with support				DPMC6.5 I can create a basic training programme
					DPMC6.6 I can complete a training programme



PE (Develop skills in physical activity)



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
DSPA1.1 I can copy and repeat a simple movement (e.g. under arm throw)	DSPA2.1 I can demonstrate the ability to perform a limited range of basic skills and techniques during a performance	DSPA3.1 I can demonstrate the ability to perform a range of basic skills and techniques during a performance	DSPA4.1 I can demonstrate the ability to perform an increasing range of basic skills and techniques in the activity	DSPA5.1 I can link skills and apply them accurately and appropriately to the activity I am doing	DSPA6.1 I can change direction and speed when dribbling a ball
DSPA1.2 I can copy and repeat a sequence of simple movements (e.g. throw, kick etc.)	DSPA2.2 On occasion I can perform skills and techniques consistently in isolation, or as part of a performance, or in conditioned competitive situations whilst requiring guidance	DSPA3.2 I can consistently perform these skills and techniques in isolation and sometimes as part of a whole performance or in conditioned competitive situation	DSPA4.2 I can consistently perform these skills and techniques in both isolation and as part of a whole performance or in conditioned competitive situation	DSPA5.2 I can demonstrate many core skills and few advanced skills for the activity in isolation and under competitive pressure in authentic performance situations	DSPA6.2 I can demonstrate most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations.
DSPA1.3 I can move with some control and coordination	DSPA2.3 I have limited accuracy, control and fluency of skills when I perform these in isolation	DSPA3.3 I can maintain some accuracy, control and fluency of skills in isolation and during a performance	DSPA4.3 I can maintain good accuracy, control and fluency of skills in isolation and during performance	DSPA5.3 I can link techniques and apply them accurately and appropriately to the activity I am doing	DSPA6.3 I can combine actions in sequence that involves changes in speed, level, direction and clarity of shape
DSPA1.4 I can copy and repeat simple skills and actions with basic control and coordination				DSPA5.4 I can perform core skills with limited consistency and some accuracy, control and fluency	DSPA6.4 My core skills are performed consistently with a good standard of accuracy, control and fluency
				DSPA5.5 The advanced skills demonstrated are performed with limited consistency and often lack accuracy, control and fluency.	DSPA6.5 The advanced skills demonstrated are performed with some consistency and a good standard of accuracy, control and fluency



PE (Make and apply decisions)



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
MAD1.1 I can apply a simple tactic/strategy/compositional idea with support	MAD2.1 During a performance on a few occasions I can select and uses appropriate skills	MAD3.1 I can successfully select and use appropriate skills on some occasions	MAD4.1 I can successfully select and use appropriate skills on most occasions	MAD5.1 I can sometimes apply team strategies/tactics/compositional ideas demonstrating some understanding of the activity	MAD6.1 I can successfully select and use appropriate skills on some occasions
MAD1.2 I understand that games have rules	MAD2.2 I can apply appropriate tactics/ strategies/ compositional ideas rarely	MAD3.2 I can sometimes apply appropriate tactics/ strategies/ compositional ideas	MAD4.2 I can apply appropriate tactics/strategies/ compositional ideas	MAD5.2 I can demonstrate limited awareness of the rules/regulations of the activity during performance	MAD6.2 I can apply appropriate team strategies/tactics/compositional ideas demonstrating a good understanding of the activity
MAD1.3 I understand that team activities require different roles (e.g. they know there is a gk, defenders, attackers etc.)	MAD2.3 I can demonstrate a limited understanding of the rules and conventions of the activity during performance	MAD3.3 I can demonstrate some understanding of the rules and conventions of the activity during performance	MAD4.3 I can demonstrate a good understanding of the rules and conventions of the activity during performance	MAD5.3 I can demonstrate limited awareness of and respond to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only)	MAD6.3 I can demonstrate good awareness of the rules/regulations of the activity during performance
MAD1.4 I can keep score with support	MAD2.4 I can demonstrate a limited understanding of the roles myself and others perform (team activities and leading only)	MAD3.4 I can demonstrate some understanding of the roles they and others perform (team activities and leading only)	MAD4.4 I can demonstrate a clear understanding of the roles that I and others perform (team activities and leading only)	MAD5.4 My communication with other player(s)/performer(s) is limited (team activities only).	MAD6.4 I can demonstrate good regard for the safety of themselves and others
MAD1.5 I can choose a variety of ways to hit, kick or throw an object	MAD2.5 Rarely I communicate with other player(s)/ performer(s) (team activities and leading only)	MAD3.5 I can sometimes communicate with other player(s)/ performer(s) (team activities and leading only)	MAD4.5 I can communicate with other player(s)/ performer(s) appropriately (team activities and leading only)		MAD6.5 I can demonstrate good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities
					MAD6.6 My communication with other player(s)/performer(s) is good (team activities only).
					MAD6.7 I can play a ball making it difficult for my opponent.
					MAD6.8 When performing I can draw on what I know about strategy, tactics and composition
					MAD6.9 I can modify and refine skills and techniques to improve my performance



PE (Evaluate and improve)



Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
EI1.1 I can communicate on my own and/or others actions (e.g. I threw a ball, she jumped)	EI2.1 I can demonstrate a limited ability to identify basic skill/technique strengths and weaknesses of the performance observed	EI3.1 I can demonstrate a reasonable understanding of some of the skills/techniques required in the activity	EI4.1 I can demonstrate a good understanding of most of the skills/techniques required in the activity	EI5.1 I can compare and comment on skills and techniques and the ways they are applied in my own work	EI6.1 I can evaluate the strengths and weaknesses of my own/a peer's physical fitness, with some accuracy, using appropriate tests for each component of fitness.
	EI2.2 I can demonstrate a limited understanding of some of the basic skills/ techniques required in the activity	EI3.2 I can demonstrate an ability to identify a range of basic skill/technique strengths and weaknesses of the performance observed	EI4.2 I can demonstrate a good ability to describe an increasing range of skill/technique strengths and weaknesses of the performance observed	EI5.2 I can compare and comment on skills and techniques and the ways they are applied in others work and use this understanding to improve my performance	EI6.2 I can give some justification in my analysis of the importance of the different components of fitness for my chosen activity.
	EI2.3 I can demonstrate an ability to make limited suggestions on how to improve the performance observed.	EI3.3 I can demonstrate the ability to make a reasonable suggestion on how to improve the performance observed	EI4.3 Demonstrate the ability to make good suggestions on how to improve the performance observed	EI5.3 I can evaluate the strengths and weaknesses of my own/a peer's physical fitness, with some accuracy, using mostly appropriate tests for each component of fitness	EI6.3 I can give a fairly accurate overview of most of the key skills required for my chosen activity.
				EI5.4 I give a limited justification in their analysis of the importance of the different components of fitness for my chosen activity.	EI6.4 I can give an accurate assessment of some of my own/a peer's strengths and weaknesses of my skills in my chosen activity
				EI5.5 I give a fairly accurate overview of some of the key skills required for my chosen activity.	EI6.5 I can analyse and comment on skills and techniques and how these are applied in my own and others work
				EI5.6 I give a limited assessment of my own/a peer's strengths and weaknesses of my skills in their chosen activity	EI6.6 I can offer constructive ideas when working with a partner
					EI6.7 I can suggest how rules could be changed to improve a game