

Year Group	Strands	Emergent	Established	Exceeding
Reception	Competent Learner	Can move with some basic control, balance and coordination using a range of movements. Safely negotiating space both in indoors and outdoors areas.	Can move creatively with some basic control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas.	Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas.
	Active and Healthy Learner	Understands that physical activity is good for our health and can differentiate activity from inactivity.	Shows some understanding of which activities are good for our health and why it is important to be physically active and eat healthy.	Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy.
	Reflective Learner	Follows simple instructions and rules. Can comment on the actions and feelings.	Listens and responds to tasks and sounds and can follow instructions and rules. Comments on their own and others' actions and feelings with some accuracy.	Listens and responds to set tasks and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings.
	Engaged Learner	Can dress and undress for PE with support and will ask for help if needed. Plays nicely with other children sharing and taking turns.	Can dress and undress for PE with minimum help and will communicate appropriately if they need support. Plays nicely with other children cooperating, taking turns and working together.	Can dress and undress for PE promptly with minimum help and will communicate appropriately, selecting, preparing and handling resources effectively. Plays nicely with other children cooperating, taking turns and can work together in small teams.

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Year 1	Competent Learner	Can move creatively with some basic control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas.	Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas.	Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence.
	Active and Healthy Learner	Shows some understanding of which activities are good for our health and why it is important to be physically active and eat healthy.	Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy.	Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body.
	Reflective Learner	Listens and responds to tasks, and sounds and can follow instructions and rules. Comments on their own and others' actions and feelings with some accuracy.	Listens and responds to set tasks and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings.	Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work.
	Engaged Learner	Can dress and undress for PE with minimum help and will communicate appropriately if they need support. Plays nicely with other children cooperating, taking turns and working together.	Can dress and undress for PE promptly with minimum help and will communicate appropriately, selecting, preparing and handling resources effectively. Plays nicely with other children cooperating, taking turns and can work together in small teams.	Can dress and undress for PE promptly without support. Prepare themselves for PE and can select the correct resources handling them safely and correctly. Cooperates and works well in teams.

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Year 2	Competent Learner	Can move confidently and creatively with control, balance and coordination using a range of large and small movements. Safely negotiating space both in indoors and outdoors areas.	Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence.	Can travel in a range of ways with balance, coordination and agility. Can perform simple jumping actions with some control. Can send, strike and receive objects with some control in a range of activities. Understands how effective leadership supports performance. Shows confidence and creativity and some understanding of how strategies and tactics can improve their work.
	Active and Healthy Learner	Understands and explains which activities are good for our health and why it is important to be physically active and eat healthy.	Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body.	Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body.
	Reflective Learner	Listens and responds to set tasks, and sounds following set expectations and rules and can accurately comment on their own and others' actions and feelings.	Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work.	Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work.
	Engaged Learner	Can dress and undress for PE promptly with minimum help and will communicate appropriately, selecting, preparing and handling resources effectively. Plays nicely with other children cooperating, taking turns and can work together in small teams.	Can dress and undress for PE promptly without support. Prepare themselves for PE and can select the correct resources handling them safely and correctly. Cooperates and works well in teams.	Prepare themselves for PE and sport demonstrating understanding of appropriate kit and resource. Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.

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Year 3	Competent Learner	Can move confidently and creatively with control demonstrating balance coordination and agility using a range of large and small movements safely. Demonstrates some understanding of simple tactics for attack and defence.	Can travel in a range of ways with balance, coordination and agility. Can perform simple jumping actions with some control. Can send, strike and receive objects with some control in a range of activities. Understands how effective leadership supports performance. Shows confidence and creativity and some understanding of how strategies and tactics can improve their work.	Consistently demonstrates improvements to their work showing confidence and creativity in PE. Can demonstrate how strategies and tactics improve their work. Can travel in a range of ways with balance, coordination and increased agility, can also perform a range of leaping and jumping actions with control. Can send, strike and receive objects with some control and accuracy in a range of activities. Demonstrates leadership qualities in different situations.
	Active and Healthy Learner	Understands and explains the importance of being active and healthy and shows some understanding of the effects exercise has on the body.	Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body.	Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development.
	Reflective Learner	Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their work.	Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work.	Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection.
	Engaged Learner	Can dress and undress for PE promptly without support Prepare themselves for PE and can select the correct resources handling them safely and correctly. Cooperates and works well in teams.	Prepare themselves for PE and sport demonstrating understanding of appropriate kit and resource. Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.	Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.

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Year 4	Competent Learner	<p>Can travel in a range of ways with balance, coordination and agility. Can perform simple jumping actions with some control.</p> <p>Can send, strike and receive objects with some control in a range of activities.</p> <p>Understands how effective leadership supports performance.</p> <p>Shows confidence and creativity and some understanding of how strategies and tactics can improve their work.</p>	<p>Consistently demonstrates improvements to their work showing confidence and creativity in PE.</p> <p>Can demonstrate how strategies and tactics improve their work.</p> <p>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range of leaping and jumping actions with control.</p> <p>Can send, strike and receive objects with some control and accuracy in a range of activities</p> <p>Demonstrates leadership qualities in different situations</p>	<p>Can perform and link a range of skills with control and consistency in a range areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.</p> <p>Takes the lead in a range of situations and activities.</p>
	Active and Healthy Learner	<p>Understands and explains the importance of being active and healthy and can demonstrate and explain the effects exercise has on the body.</p>	<p>Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this effects our performance and development.</p>	<p>Understands the importance of speed, endurance and stamina and how this effects performance.</p> <p>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle.</p>
	Reflective Learner	<p>Listens and responds to set tasks, rules and can comment on their own and others' actions and feelings and can suggest ways to improve their and others work.</p>	<p>Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection.</p>	<p>Will consistently improve their own work and others work through observation, effective communication and reflection.</p>
	Engaged Learner	<p>Prepare themselves for PE and sport demonstrating understanding of appropriate kit and resource.</p> <p>Can work both in teams and alone effectively communicating and collaborating and regularly shows enthusiasm for PE and sport.</p>	<p>Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.</p>	<p>Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson.</p> <p>Is motivated by competition and competes respectfully and fairly following rules.</p>

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Year 5	Competent Learner	<p>Consistently demonstrates improvements to their work showing confidence and creativity in PE.</p> <p>Can demonstrate how strategies and tactics improve their work</p> <p>Can travel in a range of ways with balance, coordination and increased agility, can also perform a range of leaping and jumping actions with control.</p> <p>Can send, strike and receive objects with some control and accuracy in a range of activities.</p> <p>Demonstrates leadership qualities in different situations.</p>	<p>Can perform and link a range of skills with control and consistency in a range of areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.</p> <p>Takes the lead in a range of situations and activities,</p>	<p>Consistently performs and competes in a range of areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Uses originality, imagination and creativity in techniques, tactics and choreography to effectively improve performance.</p> <p>Takes the lead in a range of situations and activities making suggestions that improve performance.</p>
	Active and Healthy Learner	<p>Shows understanding of speed endurance and stamina and how this affects our ability to remain active for sustained periods of time and how and why this affects our performance and development.</p>	<p>Understands the importance of speed, endurance and stamina and how this effects performance.</p> <p>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle.</p>	<p>Can remain active for sustained periods of time and demonstrates a good level of fitness.</p> <p>Understands how speed, endurance and stamina affect performance.</p> <p>Shows good understanding of the importance of a healthy and balanced diet/lifestyle and how different food groups affect our body and performance.</p>
	Reflective Learner	<p>Will consistently suggest ways to improve their own work with minimal guidance and understands the importance of reflection.</p>	<p>Will consistently improve their own work and others work through observation, effective communication and reflection.</p>	<p>Will consistently and accurately improve their own and others work through observation, effective communication and reflection understanding what has made the performance effective.</p>
	Engaged Learner	<p>Understands why preparation for PE and sport supports performance. Is motivated and enthused by PE and sport.</p>	<p>Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson.</p> <p>Is motivated by competition and competes respectfully and fairly following rules.</p>	<p>Is eager to impress in PE and sport and displays an excellent sporting attitude.</p> <p>Stays on task for prolonged periods of time demonstrating perseverance in the whole range of activities.</p>

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Year 6	Competent Learner	<p>Can perform and link a range of skills with control and consistency in a range of areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Demonstrates originality, imagination and creativity in techniques, tactics and choreography.</p> <p>Takes the lead in a range of situations and activities.</p>	<p>Consistently performs and competes in a range of areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Uses originality, imagination and creativity in techniques, tactics and choreography to effectively improve performance.</p> <p>Takes the lead in a range of situations and activities making suggestions that improve performance.</p>	<p>Performs and competes in a range of areas including invasive, net wall, striking and fielding games, creative and athletic activities.</p> <p>Techniques and ideas and apply them accurately and appropriately in different physical activities, when performing in different physical activities, they consistently show precision, control and fluency.</p> <p>They can draw on what they know about strategy, tactics and composition to produce effective outcomes.</p> <p>They modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances, taking the lead where possible to have an impact on performance.</p>
	Active and Healthy Learner	<p>Understands the importance of speed, endurance and stamina and how this affects performance.</p> <p>Can suggest activities to improve fitness levels and the importance of a healthy diet and lifestyle.</p>	<p>Can remain active for sustained periods of time and demonstrates a good level of fitness.</p> <p>Understands how speed, endurance and stamina affect performance.</p> <p>Shows good understanding of the importance of a healthy and balanced diet/lifestyle and how different food groups affect our body and performance.</p>	<p>They remain active for sustained periods of time and demonstrate good levels of fitness.</p> <p>They can explain how the body reacts during different types of activity and why physical activity is an essential component of a healthy lifestyle.</p> <p>Understand how different components of fitness affect performance.</p> <p>Can explain how appropriate food groups can affect performance and has a good understanding of general health.</p>

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Year 6	Reflective Learner	Will consistently improve their own work and others work through observation, effective communication and reflection	Will consistently and accurately improve their own and others work through observation, effective communication and reflection understanding what has made the performance effective.	They use imaginative ways to solve problems and overcome challenges. They draw on what they know about strategy, tactics and composition and what they know about their own and others' strengths and weaknesses. They analyse and comment on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance and suggest ways to improve.
	Engaged Learner	Is always prepared for PE and sport activities and eagerly participates in every PE/Sport lesson. Is motivated by competition and competes respectfully and fairly following rules.	Is eager to impress in PE and sport and displays an excellent sporting attitude. Stays on task for prolonged periods of time demonstrating perseverance in the whole range of activities.	Consistently impresses in PE and sport and eagerly wishes to be challenged and compete where possible while consistently displaying an excellent sporting attitude. Displays perseverance in all tasks set and is driven to succeed and entertain audiences.