

Physical Education Progression Document – Real PE Multiabilities

Reception	Year 1	Year 2	Lower KS2	Upper KS2	Exceeding KS2	
Real PE Multiability - PERSONAL						
To work on simple tasks with help.	To follow instructions, practise safely and work on simple tasks by myself.	To try several times if at first I don't succeed. To ask for help when appropriate.	To know where I am with my learning and to begin to challenge myself.	To cope well and react positively when things become difficult. To persevere with a task and improve performance through regular practice	To see all new challenges as opportunities to learn and develop. To recognise strengths and weaknesses and set appropriate targets independently.	To create my own learning plan and revise that plan when necessary. To accept critical feedback and make changes.
Real PE Multiability - SOCIAL						
To play with others, take turns and share with help	To work sensibly with others, taking turns and sharing.	To help, praise and encourage others in their learning.	To show patience and support others, listening carefully to them about our work. To show and tell others about my ideas.	To cooperate well with others and give helpful feedback. To help organise roles and responsibilities and guide a small group through a task.	To give and receive sensitive feedback to improve myself and others. To negotiate and collaborate appropriately.	To involve others and motivate them to perform better.
Real PE Multiability - PHYSICAL						
To move confidently in different ways.	To perform a single skill or movement with some control. To perform a small range of skills and link two movements together.	To perform a range of skills with some control and consistency. To perform a sequence of movements with some changes in level, direction or speed.	To perform and repeat longer sequences with clear shapes and controlled movement. To select and apply a range of skills with good control and consistency	To perform a variety of movements and skills with good body tension. To link actions together so that they flow in running, jumping and throwing activities.	To use combinations of skills confidently in sport specific contexts. To perform a range of skills fluently and accurately in practice situations.	To effectively transfer skills and movements across a range of activities and sports. To perform a variety of skills consistently and effectively in challenging or competitive situations.
Real PE Multiability - COGNITIVE						
To follow simple instructions.	To understand and follow simple rules. To name some things I am good at.	To begin to order instructions, movements and skills. With help, to recognise similarities and differences in performance and explain why someone is working or performing well.	To understand the simple tactics of attacking and defending. To explain what I am doing well and begin to identify areas for improvement.	To 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.	To have 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.	To review, analyse and evaluate my own and others' strengths and weaknesses. To read and react to different game situations as they develop.

Real PE Multiability - CREATIVE

<p>To observe and copy others.</p>	<p>To explore and describe different movements.</p>	<p>To begin to compare my movements and skills with those of others. To select and link movements together to fit a theme.</p>	<p>To make up my own rules and versions of activities. To respond differently to a variety of tasks or music and recognise similarities and differences in movements and expression.</p>	<p>To link actions and develop sequences of movements that express my own ideas. To change tactics, rules or tasks to make activities more fun or challenging.</p>	<p>To respond imaginatively to different situations, adapting and adjusting skills, movements or tactics so they are different from or in contrast to others.</p>	<p>To effectively disguise what I am about to do next. To use variety and creativity to engage an audience.</p>
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Real PE Multiability – HEALTH and FITNESS

<p>To be aware of the changes to the way I feel when I exercise.</p>	<p>To be aware of why exercise is important for good health.</p>	<p>To say how my body feels before, during and after exercise. To use equipment appropriately and move and land safely.</p>	<p>To describe how and why my body changes during and after exercise. To explain why we need to warm up and cool down.</p>	<p>To describe the basic fitness components and explain how often and how long I should exercise to be healthy. To record and monitor how hard I am working.</p>	<p>To self-select and perform appropriate warm up and cool down activities. To identify possible dangers when planning an activity.</p>	<p>To explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. To plan and follow my own basic fitness programme</p>
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