Me in PE	Towards	Towards PLUS	AT	BEYOND
Thinking ME • Self-management • Active listening • Responsibility • Analysis & Evaluation • Decision making	• Applies **simple fundamental movement** skills in an activity. • Uses **simple** tactics, strategies and ideas. • **Outlines** what is good and bad about a performance. • **Organises** equipment and **communicates** instructions to others. • **Takes risks** and learns from mistakes. • Follows **simple rules/instructions** in physical activity.	• **Compares** performances identifying strengths and improvements. • **Makes suggestions** on how to improve their own and others' performance. • **Confidently leads** small group activities. • Makes informed choices about **engaging** in physical activity. • **Suggests ways** of making an activity harder and more challenging. • Makes **connections** between different ideas.	• **Analyses the performance** of self and others creating plans to improve. • **Suggests** how different tactics and ideas can be **applied** in activities. • Demonstrates good levels of **imagination** and **creativity** in performances. • **Suggests alternative** ways to solve problems. • Reflects and acts on **feedback** • **Compares performances** against previous ones demonstrating improvements made. • Able to **transfer** knowledge, adapt and apply this to new/different activities.	• Uses and **adapts advanced** tactics, rules and ideas in different situations. • **Reflects on choices** made outlining what worked well, what could have been better and why. • Demonstrates **effective decision** making under **pressure** in different activities. • Can use a variety of **advanced tactics, ideas and strategies** to overcome opponents. • **Plans** how to make an activity easier or harder to provide **challenge**. • Sets clear **goals** and **evaluates** progress towards them.
Physical ME • Skill development • Performance • Physical literacy & Development	• Uses **fundamental simple skills** such as throwing, catching, running with some control and success. • Demonstrates a **skill/movement when assisted** or through instruction. • Performs **simple skills in isolation** with some control and accuracy.	• Demonstrates **simple skills in more competitive** situations (conditioned practices) with control and accuracy. • Chooses, links and combines skills with **control and coordination**. • **Applies fundamental movement skills** in different activities. • **Applies simple tactics** to activities and games.	• **Perform more complex skills** with control, accuracy and fluency. • **Changes tactics, strategies and skills** to suit changing competitive situations. • **Able to choose, link and combine skills** and techniques in different situations. • Demonstrates **accurate and fluent skills** and techniques.	• Chooses, links and combines **advanced skills and techniques** in a range of situations with **exceptional control and coordination**. • **Changes skills to suit different situations** having a highly influential effect in competitive situations. • **Accesses a range of extra-curricular**/community opportunities to extend and develop skills and techniques.
Healthy ME • Personal health • Confidence • Activity levels	• Completes **short periods of exercise** and can sustain effort in an activity without getting tired. • **Dresses appropriately** for the activity and environment. • **Describes the effects** of **exercise/warm up** on the body. • **Identifies some of the major muscles** of the body. • Performs a **warm up independently**	• Can remain **active for longer periods of time**. • **Participates in extra-curricular activities**. • Understands **why it is important to exercise regularly.** • **Identifies a range of components of fitness** needed to be successful.	• Is **committed and participates** in a **wide variety** of **extra-curricular activities** and competitive teams. • **Understands and demonstrates** the **short and long term effects of exercise.** • Shows an understanding of **how to improve their health and fitness.** • **Explains** the importance of a **balanced lifestyle** and the contribution of **exercise and nutrition** towards it. • Promotes **active healthy lifestyle habits**.	• Makes appropriate decisions and choices to **attend community clubs in their own time.** • Demonstrates **resilience** and **physical fitness** by remaining active for **sustained periods of time** promoting health and fitness. • **Understands** and uses the **principles of training** to improve fitness. • Applies understanding of H&F by par**ticipating in sustained physical activity within <u>and</u> outside of school.** • Supports others to choose **healthy behaviours**.
Social ME • Communication • Teamwork • Leadership • Resilience • Confidence • Respect • Emotional / Empathy	• **Works cooperatively** with others during lessons. • **Communicates** what is good about a performance to others. • Can **warm up** with others in a **small group** • Sets out and uses **equipment safely** • Can **follow simple rules** in an activity. • **Controls own behaviour** in a physical activity setting. • Demonstrates a **positive approach to learning.** • Has **confidence to participate** in physical activity. • Takes **responsibility for their own learning**. • **Listens to and follows** instructions from others	• **Communicates and works collaboratively** with others. • **Confidently leads** a small group warm up or activity. • **Assists with officiating** in lessons. • **Listens to and responds** to **feedback** from others. • **Joins in** with all activities even when they find them difficult. • Shows **fair play, respect and support** for other pupils in the class. • Willing to **ask for help when needed** and **answers questions** in front of peers. • Demonstrates **self-control and responsibility**. • **Controls feelings** when winning or losing. • **Chooses to take part in after school activities**.	• **Leads others with little support** when organising or officiating activities. • Provides **constructive feedback** to others. • Sets **realistic and challenging goals**. • **Regularly volunteers** to help others. • **Manages emotions** during **challenging** situations. • **Supports others** in their learning and recognises their needs. • **Follows rules and etiquette** in competitive games and activities. • **Keeps trying** even when they find things difficult or make mistakes. • Uses their own experiences to **support others.**	• **Consistently works independently** and with others without the need for support. • **Takes the initiative to lead** when officiating or leading activities. • **Motivates and encourages** good values in others. • Shows **high levels** of **confidence**, **organisation** and **communication** when leading. • **Sets up and runs practices** and activities to improve a performance. • **Confidently leads** in the community on a regular basis. • Demonstrates **high levels of self-confidence**. • Demonstrates **clear positive values** when participating and leading. • Shows **consistent positive learning behaviours** demonstrating a range of key values related to physical activity and lifestyle.

- Communication / Teamwork
- Leadership
- Resilience
- Confidence
- Respect
- Emotional / Empathy

- Skill development
- Performance
- Physical literacy & Development

Social ME

Physical ME

Healthy ME

Thinking ME

- Personal health
- Confidence
- Activity levels

- Self-management
- Active listening
- Responsibility
- Analysis & Evaluation
- Decision making