

At St Faith's, it is our intent to encourage children to have high expectation and to think beyond what they can physically do now so that they strive to develop a lifelong love of sports with the knowledge and understanding of how to lead a heathy and active lifestyle. It is our belief that our curriculum is progressive and is designed to include both challenge and support so that children of all ages and abilities can succeed in PE.

Through using real PE we hope to develop the 'whole child' in a broad and holistic approach which develops a range of personal, social, physical, health and fitness, cognitive and creative abilities. From this we hope to provide opportunities that build character and help to embed our school values.





HELP



Expected - End of Key Stage 1



KEEP TRYING

I try several times if at first I don't succeed I can help, praise and encourage others in and I ask for help when appropriate.

AND ENCOURAGE

their learning.

STAY ON TASK

I can follow instructions, practise safely and work on simple tasks by myself.



I enjoy working on simple tasks with help.

UNDERSTAND OTHERS

I can work sensibly with others, taking turns and sharing.

PLAY WITH OTHERS WITH HELP

I can play with others and take turns and share with help.

PERFORM SIMPLE SEQUENCES

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.

PERFORM SINGLE SKILLS

I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

TRAVEL IN DIFFERENT WAYS

I can move confidently in different ways.



RECOGNISE AND ORDER

I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.



I can understand and follow simple rules. I can name some things I am good at.



I can follow simple instructions.



COMPARE AND DEVELOP

I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.

EXPLORE AND DESCRIBE

I can explore and describe different movements.

OBSERVE AND COPY

I can observe and copy others.



PRACTISE SAFELY

I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.

EXPLAIN BENEFITS OF EXERCISE

I am aware of why exercise is important for good health.

DESCRIBE SIMPLE CHANGES

I am aware of the changes to the way I feel when I exercise.