

Progression within the learning cogs



Expected - End of Key Stage 1



KEEP TRYING

I try several times if at first I don't succeed and I ask for help when appropriate.

HELP AND ENCOURAGE

I can help, praise and encourage others in their learning.

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.



STAY ON TASK

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

UNDERSTAND OTHERS

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

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.



STAY ON TASK WITH HELP

I enjoy working on simple tasks with help.

PLAY WITH OTHERS WITH HELP

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

TRAVEL IN DIFFERENT WAYS

I can move confidently in different ways.

In Real PE, there are clear expectations for the progression of each child within the six learning cogs. This demonstrates the development of skills for the children from the beginning of Year R to the end of Year 2. It clearly outlines what is expected in each year, with the six learning cogs.



Expected - End of Key Stage 1



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.



OBSERVE AND DESCRIBE

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



FOLLOW INSTRUCTIONS

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.