



Roundhill Primary School: RPS Specialist Formal framework PE

PE Framework

Learning profile B1

Personal

- Complete simple tasks when adult led
- Enjoy working on simple tasks with help
- Follow instructions, practise safely and work on simple tasks by myself

Social

- Play alongside others
- Play with others and take turns and share with help
- Work sensibly with others, taking turns and sharing

Cognitive

- Mirror a simple instruction e.g. copying an adult picking up a ball
- Follow simple instructions
- Understand and follow simple rules and name some things I am good at

Creative

- Move alongside an adult
- Observe and copy others
- Explore and describe different movements

Applying Physical

- Move in two or more different ways
- Move confidently in different ways
- Perform a single skill or movement with some control
- Perform a small range of skills and link two movements together

Health and Fitness

- See changes in others when they exercise
- Aware of changes to the way I feel when I exercise
- Aware of why exercise is important for good health

Learning profile B2

Personal

- Enjoy working on simple tasks with help
- Try several times at first; if unsuccessful, ask for help when appropriate



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Social

- Play with others
- Praise and encourage others in their learning

Cognitive

- Begin to order instructions, movements and skills
- With help, recognise similarities and differences in performance
- Explain why someone is working or performing well

Creative

- Compare movements and skills with those of others
- Select and link movements together to fit a theme

Applying Physical

- Perform a range of skills with some control and consistency
- Perform a sequence of movements with some changes in level, direction or speed

Health and Fitness

- Identify and share how body feels before, during and after exercise.
- Use equipment appropriately, move and land safely.

Learning profile B3

Personal

- Knowledge of current level of learning
- Begin to appropriately challenge self

Social

- Show patience and support others
- Listen to peers' ideas and thoughts about our work
- Happy to share own ideas

Cognitive

- Understand simple tactics of attacking and defending
- Identify and explain positives in performance and identify areas for improvement

Creative

- Make own rules and versions of activities
- Respond differently to a variety of tasks or music
- Recognise similarities and differences in movements and expression



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Applying Physical

- Perform and repeat longer sequences with clear shapes and controlled movement
- Select and apply a range of skills with good control and consistency

Health and Fitness

- Describe how and why body feels a certain way during and after exercise
- Explain importance of warm up and cool down

Learning profile B4

Personal

- Cope well and react positively when things become difficult
- Persevere with a task
- Improve performance through regular practice

Social

- Co-operate well with others and provide helpful feedback
- Help organise roles and responsibilities
- Guide a small group through a task

Cognitive

- Understand ways (criteria) to judge performance
- Identify specific parts to continue to develop
- Use awareness of space and others to make good decisions

Creative

- Link actions and develop sequences of movements to express ideas
- Change tactics, rules or tasks to make activities more engaging or challenging

Applying Physical

- Perform a range of skills with some control and consistency.

Health and Fitness

- Describe basic fitness components and explain how often and how long I should exercise to be healthy
- Record and monitor how hard I am working

Learning profile B5

Personal

- Cope well and react positively when things become difficult in a variety of sporting situations



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Social

- Organise, take responsibility and share ideas, tactics and formations for my teammates

Cognitive

- Use scanning effectively to know my surroundings in several sporting situations
- Use awareness of game situations to apply tactics appropriate to the current game situation

Creative

- Take ideas and tactics and transfer these across several different sports or activities

Applying Physical

- Perform a variety of movements and skills with good body tension
- Link actions together so they flow in running, jumping and throwing activities

Health and Fitness

- Describe and share ideas of physical activity and how it can impact positively on both mental and physical wellbeing
- Explain how sleep and diet can contribute to physical performance

Learning profile B6

Personal

- See new challenges as opportunities to learn and develop
- Recognise strengths and areas of improvement and set appropriate targets
- Create own learning plan, review, reflect and revise that plan when necessary
- Accept constructive critical feedback and make changes

Social

- Give and receive sensitive feedback to improve self and others
- Negotiate and collaborate appropriately

Cognitive

- Identify clear ideas of how to develop own and others' work
- Recognise and suggest patterns of play or strategies which increase chances of success
- Develop ideas and methods to outwit opponents

Creative

- Respond imaginatively to different situations, adapting and adjusting skills, movement or tactics so they are different from or in contrast to others
- Effectively disguise action about to be performed next
- Use variety and creativity to engage an audience



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Applying Physical

- Use combinations of skills confidently in sport specific contexts
- Perform a range of skills fluently and accurately in practice situations
- Effectively transfer skills and movements across a range of activities and sports
- Perform a variety of skills consistently and effectively in challenging and competitive situations

Health and Fitness

- Self-select and perform appropriate warm-up and cool-down activities
- Identify possible dangers when planning an activity.
- Explain how individuals need different types and levels of fitness to be more effective in their activity/role/event
- Plan and follow own basic fitness programme