

Cogs – Progression of skills

		Expected end of KS1	Expected lower end KS2
Personal	<p>STAY ON TASK WITH HELP I enjoy working on simple tasks with help</p>	<p>STAY ON TASK I can follow instructions, practise safely and work on simple tasks by myself.</p> <p>KEEP TRYING I try several times if at first I don't succeed and I ask for help when appropriate.</p>	<p>TAKE CONTROL</p> <p>I know where I am with my learning and I have begun to challenge myself.</p>
Social	<p>PLAY WITH OTHERS WITH HELP I can play with others and take turns and share with help.</p>	<p>UNDERSTAND OTHERS I can work sensibly with others, taking turns and sharing.</p> <p>HELP AND ENCOURAGE I can help, praise and encourage others in their learning.</p>	<p>WORK WELL WITH OTHERS I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas</p>
Applying Physical	<p>TRAVEL IN DIFFERENT WAYS I can move confidently in different ways.</p>	<p>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</p> <p>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.</p>	<p>PERFORM WITH CONTROL</p> <p>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.</p>

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<p>Cognitive</p>	<p>FOLLOW INSTRUCTIONS I can follow simple instructions.</p>	<p>OBSERVE AND DESCRIBE I can understand and follow simple rules. I can name some things I am good at.</p> <p>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.</p>	<p>EXPLAIN WHY I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement.</p>
<p>Creative</p>	<p>OBSERVE AND COPY I can observe and copy others.</p>	<p>EXPLORE AND DESCRIBE I can explore and describe different movements.</p> <p>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.</p>	<p>RECOGNISE AND RESPOND I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.</p>
<p>Health and Fitness</p>	<p>DESCRIBE SIMPLE CHANGES I am aware of the changes to the way I feel when I exercise.</p>	<p>EXPLAIN BENEFITS OF EXERCISE I am aware of why exercise is important for good health.</p> <p>PRACTISE SAFELY I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.</p>	<p>EXPLAIN WHY I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.</p>