

PE Progression of Skills

~ Multi-ability Cogs & FUNS (Fundamental Movement Skills)

Multi-ability Cog	YR	Y1	Y2	Y3/4	Y5/6	+	Exceeding
Personal (Live)	I enjoy working on simple tasks with help	I can follow instructions, practise safely and work on simple tasks by myself.	I try several times if at first I don't succeed and I ask for help when appropriate.	I know where I am with my learning and I have begun to challenge myself.	I cope well and react positively when things become difficult. I can persevere with a task and improve my performance through regular practice.	I see all new challenges as opportunities to learn and develop . I recognise my strengths and weaknesses and can set myself appropriate targets	I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes.
Social (Love)	I can play with others and take turns and share with help	I can work sensibly with others, taking turns and sharing	I can help, praise and encourage others in their learning	I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas.	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.	I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately.	I can involve others and motivate those around me to perform better.
Health & Fitness (Care)	I am aware of the changes to the way I feel when I exercise	I am aware of why exercise is important for good health.	I can say how my body feels before, during and after exercise . I use equipment appropriately and move and land safely.	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.	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.	I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity.	I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.

Multi-ability Cog	YR	Y1	Y2	Y3/4	Y5/6	+	Exceeding
Cognitive (Think)	I can follow simple instructions.	I can understand and follow simple rules. I can name some things I am good at.	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 the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement.	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.	I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents.	I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.
Applying Physical (Learn)	I can move confidently in different ways..	I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.	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.	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.	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.	I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.	I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations.
Creative (Dare)	I can observe and copy others.	I can explore and describe different movements.	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.	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.	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.	I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others.	I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.

	YR	Y1	Y2	Y3/4	Y5/6	+	Exceeding
FUNS 1-12	Some of Yellow Level	Yellow Level	Green Level	Red Level	Blue Level	Pink Level	Black Level

See Real PE FUNS Progression of Skills for details of fundamental movement skills covered at each level in the following areas:					
FUNS 1: Static Balance: 1 leg	FUNS 2: Static Balance: Seated	FUNS 3: Static Balance: Floorwork	FUNS 4: Static Balance: Stance	FUNS 5: Dynamic Balance: On a Line	FUNS 6: Dynamic Balance: Jumping & Landing
FUNS 7: Counter Balance: In Pairs	FUNS 8: Coordination: Sending & Receiving	FUNS 9: Coordination: Ball Skills	FUNS 10: Coordination: Footwork	FUNS 11: Agility: Ball Chasing	FUNS 12: Agility: Reaction & Response