

Me in PE	Foundation	Developing	Secure	Excellence
<p>'Cognitive' (Thinking ME, Creative ME)</p> <p>The cognitive domain refers to tactics, mental capacity, decision making and evaluation.</p>	<ul style="list-style-type: none"> • Applies simple fundamental movement skills in an activity. • Uses simple tactics, strategies and ideas. • Outlines what is good and bad about a performance. • Organises equipment and communicates instructions to others. • Takes risks and learns from mistakes. • Follows simple rules/instructions in physical activity. 	<ul style="list-style-type: none"> • Compares performances identifying strengths and improvements. • Makes suggestions on how to improve their own and others' performance. • Confidently leads small group activities. • Makes informed choices about engaging in physical activity. • Suggests ways of making an activity harder and more challenging. • Makes connections between different ideas. 	<ul style="list-style-type: none"> • Analyses the performance of self and others creating plans to improve. • Suggests how different tactics and ideas can be applied in activities. • Demonstrates good levels of imagination and creativity in performances. • Suggests alternative ways to solve problems. • Reflects and acts on feedback • Compares performances against previous ones demonstrating improvements made. • Able to transfer knowledge, adapt and apply this to new/different activities. 	<ul style="list-style-type: none"> • Uses and adapts advanced tactics, rules and ideas in different situations. • Reflects on choices made outlining what worked well, what could have been better and why. • Demonstrates effective decision making under pressure in different activities. • Can use a variety of advanced tactics, ideas and strategies to overcome opponents. • Plans how to make an activity easier or harder to provide challenge. • Sets clear goals and evaluates progress towards them.
<p>'Physical' (Physical ME)</p> <p>The physical domain refers to the physical literacy and movements of the body.</p>	<ul style="list-style-type: none"> • Uses fundamental simple skills such as throwing, catching, running with some control and success. • Demonstrates a skill/movement when assisted or through instruction. • Performs simple skills in isolation with some control and accuracy. 	<ul style="list-style-type: none"> • Demonstrates simple skills in more competitive situations (conditioned practices) with control and accuracy. • Chooses, links and combines skills with control and coordination. • Applies fundamental movement skills in different activities. • Applies simple tactics to activities and games. 	<ul style="list-style-type: none"> • Perform more complex skills with control, accuracy and fluency. • Changes tactics, strategies and skills to suit changing competitive situations. • Able to choose, link and combine skills and techniques in different situations. • Demonstrates accurate and fluent skills and techniques. 	<ul style="list-style-type: none"> • Chooses, links and combines advanced skills and techniques in a range of situations with exceptional control and coordination. • Changes skills to suit different situations having a highly influential effect in competitive situations. • Accesses a range of extra-curricular/community opportunities to extend and develop skills and techniques.
<p>'Healthy' (Healthy ME)</p> <p>The healthy domain refers to the choosing of healthy behaviours and attitudes.</p>	<ul style="list-style-type: none"> • Completes short periods of exercise and can sustain effort in an activity without getting tired. • Dresses appropriately for the activity and environment. • Describes the effects of exercise/warm up on the body. • Identifies some of the major muscles of the body. • Performs a warmup independently 	<ul style="list-style-type: none"> • Can remain active for longer periods of time. • Participates in extra-curricular activities. • Understands why it is important to exercise regularly. • Identifies a range of components of fitness needed to be successful. 	<ul style="list-style-type: none"> • Is committed and participates in a wide variety of extra-curricular activities and competitive teams. • Understands and demonstrates the short- and long-term effects of exercise. • Shows an understanding of how to improve their health and fitness. • Explains the importance of a balanced lifestyle and the contribution of exercise and nutrition towards it. • Promotes active healthy lifestyle habits. 	<ul style="list-style-type: none"> • Makes appropriate decisions and choices to attend community clubs in their own time. • Demonstrates resilience and physical fitness by remaining active for sustained periods of time promoting health and fitness. • Understands and uses the principles of training to improve fitness. • Applies understanding of H&F by participating in sustained physical activity within and outside of school. • Supports others to choose healthy behaviours.
<p>'Social' (Social ME)</p> <p>The social domain refers to communications, teamwork, management and leadership.</p>	<ul style="list-style-type: none"> • Works cooperatively with others during lessons. • Communicates what is good about a performance to others. • Can warm up with others in a small group • Sets out and uses equipment safely • Can follow simple rules in an activity. 	<ul style="list-style-type: none"> • Communicates and works collaboratively with others. • Confidently leads a small group warm up or activity. • Assists with officiating in lessons. • Listens to and responds to feedback from others. • Joins in with all activities even when they find them difficult. 	<ul style="list-style-type: none"> • Leads others with little support when organising or officiating activities. • Provides constructive feedback to others. • Sets realistic and challenging goals. • Regularly volunteers to help others. 	<ul style="list-style-type: none"> • Consistently works independently and with others without the need for support. • Takes the initiative to lead when officiating or leading activities. • Motivates and encourages good values in others. • Shows high levels of confidence, organisation and communication when leading. • Sets up and runs practices and activities to improve a performance.
<p>'Affective' (Personal ME)</p> <p>The affective domain refers to emotions, behaviours and self-esteem.</p>	<ul style="list-style-type: none"> • Controls own behaviour in a physical activity setting. • Demonstrates a positive approach to learning. • Has confidence to participate in physical activity. • Takes responsibility for their own learning. • Listens to and follows instructions from others. 	<ul style="list-style-type: none"> • Shows fair play, respect and support for other pupils in the class. • Willing to ask for help when needed and answers questions in front of peers. • Demonstrates self-control and responsibility. • Controls feelings when winning or losing. • Chooses to take part in after school activities. 	<ul style="list-style-type: none"> • Manages emotions during challenging situations. • Supports others in their learning and recognises their needs. • Follows rules and etiquette in competitive games and activities. • Keeps trying even when they find things difficult or make mistakes. • Uses their own experiences to support others. 	<ul style="list-style-type: none"> • Demonstrates high levels of self-confidence. • Demonstrates clear positive values when participating and leading. • Shows consistent positive learning behaviours demonstrating a range of key values related to physical activity and lifestyle.