

Benchmarks

Physical Education at Early Level

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Learners are developing confidence in their physical ability. They understand that their bodies and body parts are capable of moving in different ways. They are exploring and discovering ways to do so predominantly through enjoyable, energetic play.

Learners participate with a continued readiness to learn.

They are learning to move and are acquiring skills e.g. running, hopping and galloping in a variety of spaces, indoors and outside. They are building a language of movement to describe and evaluate their own performance.

Learners are developing greater physical control and fluency and can perform simple sequences by following and repeating body movements, rhythms and patterns. They are developing the ability to respond to simple directions such as stop, start, on, off, next to, and left and right in relation to their physical environment.

They are learning to enjoy the feeling of moderate to vigorous physical activity. They are aware of changes that occur to their bodies during and after exercise and can describe how this makes them feel.

Learners are becoming aware of others and are beginning to understand some common rules and routines associated with sharing, taking turns and using space and equipment safely.

They are learning to keep themselves safe and healthy in different activities. They describe ways to keep an active lifestyle and identify different ways to be active at their education establishment and at home. Learners can identify their favourite physical activities.

They are learning that people's physical abilities vary considerably.

They engage successfully in simple problem-solving tasks. They progress to show initiative in identifying problems, trying out solutions and working with others to improve their performance.

Early Level Health and Wellbeing (Physical Education)

		Experiences and Outcomes for planning learning, teaching and assessment	Benchmarks to support practitioners' professional judgement
Physical Competencies	Kinaesthetic Awareness		<ul style="list-style-type: none"> Shows awareness of personal space (i.e. where body ends and space begins). Moves at different speeds, levels and directions with others in a designated space. Shows awareness of body parts and body positions when performing a range of different movements.
	Balance and Control	<p>I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.</p> <p>HWB 0-21a</p>	<ul style="list-style-type: none"> Shows control of personal space and body parts when moving. Holds balance in various shapes and maintains balance when moving. Is beginning to manipulate objects as part of energetic play.
	Coordination and Fluency	<p>I am developing my movement skills through practice and energetic play.</p> <p>HWB 0-22a</p>	<ul style="list-style-type: none"> Links movements together (moves body or parts of body in order). Is beginning to move with purpose. Is beginning to develop knowledge and understanding of what a quality movement looks like and feels like.
	Rhythm and Timing		<ul style="list-style-type: none"> Demonstrates how to use repeated patterns of movement to create simple sequences, for example, one foot to two feet jumping. Responds with movement, for example, jump-clap-turn to recognised rhythm, beat, music, words.
	Gross and Fine Motor Skills		<ul style="list-style-type: none"> Performs basic components of movement, for example, run, jump, gallop, transfer of weight from one foot to another. Is beginning to perform movement skills in sequence, for example, catch an object with two hands. Is beginning to demonstrate eye/hand and eye/foot

			co-ordination required for movement skills, for example, pass object from one hand to the other.
Cognitive Skills	Focus and Concentration	<p>I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. HWB 0-21a</p> <p>I am developing my movement skills through practice and energetic play. HWB 0-22a</p>	<ul style="list-style-type: none"> • Focuses on task and pays attention to stimuli, for example, instructions from a practitioner.
	Cue Recognition		<ul style="list-style-type: none"> • Recognises external cues that need an immediate response, for example, starting and stopping.
	Sequential Thinking		<ul style="list-style-type: none"> • Remembers two-step simple instructions, for example, bounce the ball and then change direction.
	Prioritising		<ul style="list-style-type: none"> • Works out the order for dealing with information (or tasks). • Repeats tasks in the correct sequence.
	Decision Making		<ul style="list-style-type: none"> • Makes decisions in response to simple tasks, for example, knowing when to start and stop.
	Multi-processing		<ul style="list-style-type: none"> • Listens to and makes sense of two/three pieces of information, for example, bounce the ball when moving forwards.
	Problem Solving		<ul style="list-style-type: none"> • Uses prior knowledge, and identifies key information to help form a solution.
	Creativity		<ul style="list-style-type: none"> • Moves in response to a variety of stimuli. • Demonstrates imagination through energetic play.

Personal Qualities	Motivation		<ul style="list-style-type: none"> • Participates with enthusiasm. Enjoys being challenged. • Sets targets in simple tasks. • Describes why people participate in physical activity, for example, to have fun.
	Confidence and Self-esteem	<p>I am developing my movement skills through practice and energetic play.</p> <p>HWB 0-22a</p>	<ul style="list-style-type: none"> • Is developing an awareness of self and an increasing self-reliance in dealing with new situations. • Discusses learning with adult support, and describes likes and dislikes. • Responds and contributes to self and peer assessment with respect. • Celebrates, values and uses achievements to build next steps.
	Determination and Resilience	<p>I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules.</p> <p>HWB 0-23a</p>	<ul style="list-style-type: none"> • Is learning how to be a good winner and cope appropriately with losing. • Stays on task that may at first seem challenging, to achieve success. • Identifies and expresses some emotions appropriately, for example, happy/sad and understands how they can affect behaviour.
	Responsibility and Leadership	<p>By exploring and observing movement, I can describe what I have learned about it.</p> <p>HWB 0-24a</p>	<ul style="list-style-type: none"> • Accepts direction from an adult or peer. • Seeks appropriate help. • Is beginning to use self-control when carrying out simple tasks. • Adopts different roles when working individually or as part of a group. • Makes choices about learning and playing in a variety of contexts.
	Respect and Tolerance		<ul style="list-style-type: none"> • Shares with others and shows consideration during energetic play. • Is aware of ideas, thoughts and feelings of others. • Takes turns with others to use equipment safely.

	Communication		<ul style="list-style-type: none"> • Is developing the ability to know when to listen and when to talk when interacting with others. • Uses words and/or body language to express ideas, thoughts and feelings.
Physical Fitness	Stamina Speed Core Stability and Strength Flexibility	<p>I am developing my movement skills through practice and energetic play.</p> <p>HWB 0-22a</p>	<ul style="list-style-type: none"> • Sustains energetic levels of play/activity. • Recognises different body parts required to sustain energetic activity. • Identifies different ways to be physically active. • Describes how the body changes when engaged in moderate to vigorous activity. • Moves at different speeds – slowly, steadily and quickly. • Moves parts of the body at different speeds. • Starts and stops quickly. • Understands speed in simple terms. • Is developing postural control when performing physical actions. • Moves in control and maintains shape. • Holds body weight/position of stillness for short periods of time. • Moves freely across a full range of movements.