

PE Benchmarks: First Level

Physical Competencies

Kinaesthetic Awareness

Is aware of the space around them and the space of others and is beginning to use this information to control movements.

Shows control over movement in personal and shared space which includes adapting to changes in speed, direction and level.

Is aware of body parts and body positions when performing a range of different movements.

Balance and Control

Manipulates parts of the body when moving with purpose.

Holds balances in various shapes with and without equipment and describes what helps to maintain balance.

Manipulates objects whilst maintaining balance e.g. receiving and sending a ball with the preferred foot.

Coordination and Fluency

Links and orders a series of movements with and without equipment to perform a sequence e.g. hopscotch.

Moves with purpose demonstrating balance, control and rhythm.

Demonstrates knowledge and understanding of what a quality movement looks like and feels like.

Rhythm and Timing

Demonstrates how to use repeated patterns of movement to create simple sequences e.g. one foot to two feet jumping.

Moves the body/parts of the body or objects in response to given cues to create an appropriate tempo e.g. 1-2-3 hop sequence.

Gross and Fine Motor Skills

Performs movement skills in simple activities e.g. skipping.

Performs movement skills in sequence e.g. jump from bench and cushion the landing whilst staying in balance.

Demonstrates eye/hand and eye/foot co-ordination required for movement skills e.g. track the flight of the ball with eyes, then catch the ball.

PE Benchmarks: First Level

Cognitive Skills: The Key Elements of Decision Making

Focus and Concentration

Focuses attention in more demanding situations e.g. working with a partner or in a small group.

Cue Recognition

Recognises and responds to both internal and external cues at the same time e.g. follow my leader.

Decision Making

Makes decisions when presented with two or three different options and can explain why.

Prioritising

Draws on some prior knowledge to work out the order for dealing quickly with information (or tasks). Repeats tasks in the correct sequence with more precision.

Sequential Thinking

Plans and creates a sequence of actions e.g. bounce the ball three times, then change direction and change how you travel with the ball.

Cognitive Skills: The Key Elements of Decision Making

Multi-processing

Takes in and makes sense of two or three pieces of information at the same time from external and/or internal sources e.g. 'Simon Says'.

Creativity

Combines actions to create movement sequences independently and with others in response to stimuli e.g. music, words.

Demonstrates flair, originality, and imagination when performing.

Problem Solving

Demonstrates adaptability when finding different solutions to solve problems.

PE Benchmarks: First Level

Personal Qualities

Responsibility and Leadership

Demonstrates a continuing readiness to learn and is developing planning and organisational skills.

Is developing a range of strategies to increase self-control when performing independently and/or with others.

Adopts a variety of roles that lead to successful outcomes.

Confidence and Self-esteem

Has a positive awareness of self as physical competencies improve.

Discusses learning and identifies strengths and next steps.

Responds and contributes to self and peer assessment with respect.

Celebrates, values and uses achievements as part of improving performance.

Communication

Listens to the responses of others with respect. Responds appropriately e.g. Nodding or agreeing, asking and answering questions.

Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and is beginning to apply them when interacting with or presenting to others e.g. Uses eye contact, body language and gesture.

Respect and Tolerance

Demonstrates how to include others when completing movement tasks.

Is open to ideas, thoughts and feelings of others.

Motivation

Shows an enthusiasm to participate . Enjoys being challenged.

Recognises and responds to both internal and external motivation to:
set targets
achieve personal goals
improve performance.

Identifies and describes reasons why people participate in physical activity e.g. to have fun, to be healthy, to set individual goals or to belong to a group.

Determination and Resilience

Is learning how to be a good winner and cope appropriately with losing.

Demonstrates persistence when facing a challenge and works to achieve a successful outcome.

Recognises a variety of emotions and is developing the ability to manage them appropriately,

PE Benchmarks First Level

Physical Fitness

Stamina

Participates in moderate to vigorous physical activity and sustains a level of activity that provides challenge.

Describes how the body feels during and after sustained activity.

Describes in simple terms the reasons why people participate in physical activity.

Sets targets for sustaining moderate to vigorous physical activity.

Speed

Moves at different speeds and is able to maintain balance whilst changing direction quickly.

Demonstrates short bursts of fast movement from stillness.

Moves parts of the body using different speeds and force.

Core Stability and Strength

Shows postural control when starting, stopping, being still, moving and changing direction.

Describes where 'core' is and demonstrates how it supports the body.

Flexibility

Uses a full range of movement to perform actions effectively.

Understands flexibility in simple terms and how it affects everyday life and ability to perform.