

## PE Benchmarks Early Level

### Physical Competencies

#### Kinaesthetic Awareness

Is aware of personal space (i.e. where does body end and space begin).

Moves at different speeds, levels and directions with others in a designated space.

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

#### Balance and Control

Shows control of personal space and body parts when moving.

Holds balances in various shapes and maintains balance when moving.

Is beginning to manipulate objects as part of energetic play.

#### Coordination and Fluency

Links movements together (moves body or parts of body in order).

Is beginning to move with purpose.

Is developing 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.

Responds with movement e.g. jump-clap-turn to recognised rhythm, beat, music and words to create an appropriate tempo

#### Gross and Fine Motor Skills

Performs basic components of movement e.g. run, jump, gallop, transfer of weight from one foot to another.

Is beginning to perform movement skills in sequence e.g. catch an object with two hands.

Is beginning to demonstrate eye/hand and eye/foot co-ordination required for movement skills e.g. pass object from one hand to the other.

## PE Benchmarks Early Level

### Cognitive Skills: The Key Elements of Decision Making

#### Focus and Concentration

Focuses on task and pays attention to stimuli e.g. instructions from a practitioner.

#### Cue Recognition

Recognises external cues that need an immediate response e.g. starting and stopping.

#### Sequential Thinking

Remembers two step simple instructions e.g. bounce the ball and then change direction.

#### Prioritising

Works out the order for dealing with information (or tasks). Repeats tasks in the correct sequence.

#### Decision Making

Makes decisions in response to simple tasks e.g. knowing when to start and stop.

### Cognitive Skills: The Key Elements of Decision Making

#### Multi-processing

Listens to and makes sense of two/three pieces of information e.g. bounce the ball when moving forwards.

#### Problem Solving

Uses prior knowledge, and identifies key information to help form a solution.

#### Creativity

Moves in response to a variety of stimuli. Demonstrates imagination through energetic play.

### Personal Qualities

#### Responsibility and Leadership

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.

#### Confidence and Self-esteem

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

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 e.g. happy/sad and understands how they can affect behaviour.

#### Motivation

Participates with enthusiasm. Enjoys being challenged.

Sets targets in simple tasks.

Describes why people participate in physical activity e.g. to have fun.

#### Respect and Tolerance

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

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

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.

#### Speed

Moves at different speeds – slowly, steadily and quickly.

Starts and stops quickly

Moves parts of the body at different speeds.

Understands speed in simple terms.

#### Core Stability and Strength

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.

#### Flexibility

Moves freely across a full range of movement.