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| **Physical Education**  **Early Level** | **Suggested line of progression**  **(Progression Framework)** | | |
| 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**  I am developing my movement skills through practice and energetic play.  **HWB 0-22a** | I can / I am able to:   * Show awareness of personal space, body parts and body positions when performing a range of different movements. (Physical Competencies) * Move at different speeds, levels and directions with others in a designated space. (Physical Competencies) * Perform basic components of movement, for example, run, jump, gallop, transfer of weight from one foot to another. (Physical Competencies) * Hold a balance in various shapes and maintain balance when moving. (Physical Competencies)      * Move in control and maintain shape. (Physical Competencies) * Move in response to a variety of stimuli. (Cognitive Skills) * Focus on a task and pay attention to stimuli, for example, instructions from a practitioner. (Cognitive Skills) * Recognise external cues that need an immediate response, for example, starting and stopping. (Cognitive Skills) * Demonstrates imagination through energetic play. (Cognitive Skills) * Makes choices about learning and playing in a variety of context. (Cognitive Skills) | I can / I am able to:   * Show control of personal space and body parts when moving. (Physical Competencies) * Manipulate objects as part of energetic play. (Physical Competencies) * Perform movement skills in sequence,  for example, catch an object with two hands. (Physical Competencies) * Demonstrate basic eye/hand and eye/foot co-ordination required for movement skills, for example, passobject from one hand to the other. (Physical Competencies) * Respond with movement, for example, jump-clap-turn to recognised rhythm, beat, music, words. (Cognitive Skills) * Remember two-step simple instructions, for example, bounce the ball and then change direction. (Cognitive Skills) * Use prior knowledge and identifies key information to help form a solution. (Cognitive Skills) * Make decisions in response to simple tasks, for example, knowing when to start and stop. (Cognitive Skills) | I can / I am able to:   * Link movements together (moves body or parts of body in order). (Physical Competencies)      * Move with purpose. (Physical Competencies) * Move at different speeds – slowly, steadily and quickly. (Physical Competencies) * Move parts of the body at different speeds. (Physical Competencies) * Start and stop quickly. (Physical Competencies) * Show some postural control when performing physical actions. (Physical Competencies)      * Hold body weight/position of stillness for short period of time. (Physical Competencies) * Move freely across a full range of movements. (Physical Competencies) * Demonstrate how to use repeated patterns of movement to create simple sequences, for example, one foot to two feet jumping. (Cognitive Skills) * Repeat tasks in the correct sequence. (Cognitive Skills) * Listen and make sense of two/three pieces of information, for example, bounce the ball when moving forwards. (Cognitive Skills) |

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| 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.  **HWB 0-23a** | I can / I am able to:   * Participates with enthusiasm and enjoy being challenged. (Personal Qualities) * Sets targets in simple tasks. (Personal Qualities) * Describes likes and dislikes. (Personal Qualities) * Be a good winner and cope appropriately with losing. (Personal Qualities) * Seek appropriate help. (Personal Qualities) * Identify and express some emotions appropriately for example, happy/sad and understands how they can affect behaviour. (Personal Qualities) | I can / I am able to:   * Accept direction from an adult or peer. (Personal Qualities) * Use self-control when carrying out simple tasks. (Personal Qualities) * Share with others and show consideration during energetic play. (Personal Qualities) * Takes turns with others to use equipment safely (Personal Qualities) * Developing the ability to know when to listen and when to talk when interacting with others. (Personal Qualities) * Show awareness of ideas, thoughts and feelings of others. (Personal Qualities) * Celebrate, values and use achievements to build next steps. (Personal Qualities) | I can / I am able to:   * Developing an awareness of self and an increasing self-reliance in dealing with new situations. (Personal Qualities) * Respond and contributes to self and peer assessment with respect. (Personal Qualities) * Stay on task that may at first seem challenging, to achieve success. (Personal Qualities) * Adopt different roles when working individually or as part of a group. (Personal Qualities) |
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| By exploring and observing movement, I can describe  what I have learned about it.  **HWB 0-24** |  | I can / I am able to:   * Use words and/or body language to express ideas, thoughts and feelings. (Personal Qualities) * Describe why people participate in physical activity. (Physical Fitness) * Identify different ways to be physically active. (Physical Fitness) | I can / I am able to:   * Talk about what a quality movement looks and feels like. (Cognitive Skills) * Explain speed in simple terms. (Physical Fitness) * Talk about different body parts required to sustain energetic activity. (Physical Fitness) * Describe how the body changes when engaged in moderate to vigorous activity. (Physical Fitness) |