

Here are the titles of each strand of Me in PE.

How can I make progress in PE?



Cognitive Me

The cognitive domain refers to tactics, mental capacity, decision making and analysis/evaluative skills.

Beginning	Building	Confident	Advanced
- Applies simple fundamental movement skills in an activity. - Uses simple tactics, strategies and ideas. - Outlines what is good and what needs improving in a performance. - Organises equipment and communicates instructions to others. - Takes risks and learns from mistakes. - Follows simple rules/instructions in physical activity.	- Compares performances identifying strengths and areas for improvement. - Makes suggestions on how to improve their own and others' performances. - Confidently leads small group activities. - Makes informed choices about engaging in physical activity. - Suggests ways of making an activity more challenging. - Makes connections between different ideas and concepts.	- Analyses own performance as well as others and can create a plan to improve. - Suggests how different tactics and ideas can be applied in different activities. - Demonstrates levels of imagination and creativity in performances. - Suggests alternative ways to solve problems. - Reflects and acts on feedback. - Compares performances against previous ones and demonstrates improvements.	- 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, particularly in pressurised situations. - Plans how to make an activity harder to provide challenge. - Sets clear goals and SMART targets and can evaluate progress towards them.



Healthy Me

The healthy domain refers to the choosing of healthy behaviours and attitudes which contributes to the development of a healthy, active lifestyle.

Beginning	Building	Confident	Advanced
- Completes short periods of exercise and can sustain effort in an activity for a short time without stopping. - Is organised with the correct kit for the lessons.	- Can remain active for longer periods of time. - Participates in extra-curricular activities. - Understands why it is	- 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 and how they	- Makes appropriate decisions and chooses to attend community clubs in own time. - Demonstrates resilience and physical fitness by remaining active for sustained periods of

Each section of each strand has descriptors, allowing students to see what they need to do to meet the secure level in each year. Year 7 Beginning criteria, Year 8 Building, Year 9 Confident and Advanced for students in year 9 that are extending.



Physical Me

The physical domain refers to the physical literacy and development of fundamental movements of the body.



Beginning	Building	Confident	Advanced
- 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.	- 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 with some success across a range of different activities. - Applies simple tactics to activities and games.	- Performs more complex skills with control, accuracy and fluency. Understands the concept of ACEFACE in demonstrating a skilful performance. - 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.	- 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.



Here you are the main Alive values that students will demonstrate in PE.



Social Me

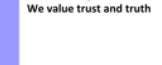
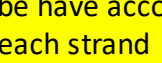
The social domain refers to communication, teamwork, behaviour and leadership.



Beginning	Building	Confident	Advanced
- Works cooperatively with others during lessons. - Communicates what is good about a performance to others. - Can follow simple rules in an activity. - Controls own behaviour during PE lessons. - Demonstrates a positive attitude to learning. - Listens to and follows instructions from others.	- Communicates and works collaboratively with others consistently. - Confidently warms up. - Assists with - Listens to feedback and improves and make further progress. - Engages with all activities even when challenging. - Demonstrates fair play, justice and - Demonstrates self-control and responsibility. - Controls feelings when winning or losing.	- Volunteers to take on leadership roles and responsibilities. - Needs little support when organising - Self-regulates emotions and encourages others to do the same in challenging situations. - Supports others in their learning and recognises neurodiversity. - Maintains effort even when things are difficult.	- Consistently works independently and interdependently without the need for teacher's continual input. - Demonstrates positivity and positive learning behaviours when participating.

Students aim progress through each strand during the course of KS3. So to be Secure at the end of year 9 they need to be have accomplished most of the Confident criteria for each strand

PROGRESS



Physical Me

The physical domain refers to the physical literacy and development of fundamental movements of the body.

Beginning	Building	Confident	Advanced
• 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.	• 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 with some success across a range of different activities. • Applies simple tactics to activities and games.	• Performs more complex skills with control, accuracy and fluency. Understands the concept of ACEFACE in demonstrating a skilful performance. • 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.	• 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.

The social domain refers to communication, teamwork, behaviour and leadership.

Beginning	Building	Confident	Advanced
• Works cooperatively with others during lessons. • Communicates what is good about a performance to others. • Can follow simple rules in an activity. • Controls own behaviour during PE lessons. • Demonstrates a positive attitude to learning. • Listens to and follows instructions from others.	• Communicates and works collaboratively with others consistently. • Confidently leads a small group warm up or activity. • Assists with officiating in lessons. • Listens to and responds to feedback from others. Provides feedback that enables others to improve and make further progress. • Engages with all activities even when challenging. • Demonstrates fair play, justice and respect and supports other students in the class. • Demonstrates self-control and responsibility. • Controls feelings when winning or losing.	• Volunteers to take on leadership roles and responsibilities. • Needs little support when organising or officiating, is secure in the rules and expectations for a range of activities. • Provides constructive feedback with the 'what went well' and 'even better if' structure. • Self-regulates emotions and encourages others to do the same in challenging situations. • Supports others in their learning and recognises neurodiversity. • Demonstrates high regard for rules and etiquette in competitive games and situations. • Maintains effort even when things are difficult.	• Consistently works independently and interdependently without the need for teacher's continual input. • Takes the initiative to lead in situations that is appropriate without necessarily being designated as so. • Actively motivates and encourages Alive values in others as well as consistently demonstrating them themselves. • Demonstrates positivity and positive learning behaviours when participating.

Cognitive Me

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• Applies simple fundamental movement skills in an activity. • Uses simple tactics, strategies and ideas. • Outlines what is good and what needs improving in a performance. • Organises equipment and communicates instructions to others. • Takes risks and learns from mistakes. • Follows simple rules/instructions in physical activity.	• Compares performances identifying strengths and areas for improvement. • Makes suggestions on how to improve their own and others' performances. • Confidently leads small group activities. • Makes informed choices about engaging in physical activity. • Suggests ways of making an activity more challenging. • Makes connections between different ideas and concepts.	• Analyses own performance as well as others and can create a plan to improve. • Suggests how different tactics and ideas can be applied in different activities. • Demonstrates levels of imagination and creativity in performances. • Suggests alternative ways to solve problems. • Reflects and acts on feedback. • Compares performances against previous ones and demonstrates improvements.	• 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, particularly in pressurised situations. • Plans how to make an activity harder to provide challenge. • Sets clear goals and SMART targets and can evaluate progress towards them.

Healthy Me

The healthy domain refers to the choosing of healthy behaviours and attitudes which contributes to the development of a healthy, active lifestyle.

Beginning	Building	Confident	Advanced
• Completes short periods of exercise and can sustain effort in an activity for a short time without stopping. • Is organised with the correct kit for the lessons. • Describes the effects of exercise on the body and can explain why warm-ups are important. • Can perform warm up independently as well as part of a group.	• 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 and can demonstrate development in at least 2.	• 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 and how they contribute to a health, active lifestyle. • Shows an understanding of how to improve health and fitness. • Explains the importance of a balanced lifestyle and the contribution of exercise and nutrition towards it. • Promotes active, healthy lifestyle habits.	• Makes appropriate decisions and chooses to attend community clubs in 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 health and fitness by participating in sustained physical activity within and outside of school. • Supports and encourages others to choose healthy behaviours.