



BGE PE Progression

Sinclair Academy

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Sinclair Academy PE

In Physical Education learners will develop many skills throughout the S1-3 curriculum. The Curriculum for Excellence (CfE) benchmarks and Significant Aspects of Learning (SALS) will be used to guide learning along with both formative and summative assessments during the year.

Responsibility for All including Literacy, Numeracy and Health and Wellbeing outcomes will be reached within lessons and clearly identified along with ensuring we are Developing our Young Workforce by providing them with opportunities to take ownership, leadership and build on resilience and organisation in class.

PE in S1-3 will provide learners at Sinclair Academy with the opportunity to develop the Significant Aspects of Learning through a broad range of activities. The Significant Aspects of Learning (SALS) are displayed in the table below.

My Thinking Skills (What are you doing with your brain?)	My Movement Skills (How well can you control your body and perform skill movements?)	My Fitness (How fit are you?)	My Qualities (How well do you work as a person?)
<ul style="list-style-type: none"> • Problem Solving • Focus + Concentration • Decision Making • Creativity 	<ul style="list-style-type: none"> • Balance + Control • Coordination + Fluency • Rhythm + Timing 	<ul style="list-style-type: none"> • Stamina • Speed • Core Stability + Strength 	<ul style="list-style-type: none"> • Motivation • Confidence • Determination • Responsibility + Leadership • Respect • Communication

Assessment in PE

Learners will be continually assessed throughout the year in each activity block. These will involve assessment strategies including,

- Pupil Performance during each activity block
- Self-Assessment form at the end of each block
- Peer Assessment through partner work
- Contribution to class discussions
- Group work activities
- Regular Learner Conversations throughout the year
- Pupil contribution to evaluative exercises

Physical Skills and Fitness Testing

Each learner will also be assessed in physical skills and fitness testing during the year. Learners will be assessed by completing the following tests,

- Stamina - 12-minute Cooper Test or Bleep Test
- Speed - 30m Sprint Test
- Agility - A timed Illinois Agility Test
- Basketball dribbling Agility Test
- Throwing Test
- Catching Test

To ensure rigor with the assessments, regular observation of learners will be carried out throughout the process and used to form the final marks. Assessment criteria has been collected from the appropriate CfE benchmarks and SALS and pupils are marked on a gold, silver and bronze scale in relation to each Level.

Regular learning conversations will take place throughout each activity block to ensure pupils are aware of their progress and how to improve further.

MY THINKING

Focus and concentration

I can stay focused on a task and never lose focus

Decision Making

I can make decisions and explain why I made the decision

Creativity

I can create my own movement sequences and change them to make them better

I can plan and perform three, or more movements linked together

MY MOVEMENT

Balance and Control

I can perform balanced movements at the right time with, and without equipment

Rhythm and Timing

I can perform and link movements together that have different speeds, different directions and different levels

Co-ordination and Fluency

I can perform movement skills and sequences of movement that link well together, with confidence. I can feel different parts of my body and I can move them at different times

MY QUALITIES

Responsibility and Leadership

I can take on leadership roles and encourage other people

Communication

I understand and apply non-verbal and verbal communication skills during practice and performance.

Respect

I can take account of the views of others and respond appropriately

Determination

I understand that making mistakes and not giving up is important in order to improve

I can manage my emotions

Motivation

I can be self-motivated in challenges and show positive effort

Confidence

can demonstrate self-confidence when performing skills.

MY FITNESS

Stamina

I can identify in physical activities where stamina is key to success

Core Stability and strength

I can identify in physical activities where core stability and strength are key to success

Speed

I can identify in physical activities where speed is key to success



MY THINKING

Focus and concentration

I can switch concentration between tasks without being distracted

Decision Making

I can quickly understand what is happening in front of me and make decisions when I am under pressure

Creativity

I can create sequences of movement with confidence and accuracy by myself and with others

MY MOVEMENT

Co-ordination and Fluency

I can move smoothly from one movement to another. I can perform fluent and efficient sequences of movement

Rhythm and Timing

I can perform and improve a range of skills that are good quality and use different speeds, heights and directions

Balance and Control

I can show good control of my body by moving different parts of my body at the same time

I can perform skills specific to different activities and use equipment accurately and with control in different directions

MY QUALITIES

Responsibility and Leadership

I can lead with confidence and respect, and negotiate with others

Communication

I can apply communication skills appropriately and confidently during practice and performance

Respect

I can take account of the views of others and respond appropriately, encouraging a positive and inclusive environment

Determination

I can learn from making mistakes that will help me improve

I can show a positive attitude by never giving up I am aware of feelings that come from performing and I can manage my emotions

Motivation

I am self-motivated, can adapt to challenges and show positive effort

Confidence

I can demonstrate self-confidence through engaging in challenging tasks

MY FITNESS

Stamina

I can identify where stamina is important and sometimes demonstrate stamina in different activities to contribute to successful performance

Core Stability and strength

I can identify where strength is important and sometimes demonstrate core stability and strength in physical activities for successful performance

Speed

I can identify where speed is important and sometimes demonstrate speed in different activities to contribute to successful performance



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MY THINKING

Focus and concentration

I can concentrate on tasks consistently, switching concentration from one task to another and filter out distractions

Decision Making

I can make decision under pressure with confidence and consistency

Creativity

I can confidently create precise and refined movement sequences which demonstrate flair, originality and imagination, and involve me taking calculated risks

MY MOVEMENT

Co-ordination and Fluency

I can perform specialised movement skills and consistently demonstrate effective hand/eye and foot/eye co-ordination

Rhythm and Timing

I can keep up with and change the pace and rhythm of an activity by responding to what is happening around me

Balance and Control

I can use different equipment creatively and confidently whilst maintaining my balance. I can perform precise transfers of weight, with and without equipment involving static and dynamic balance

I can perform skills specific to different activities and use equipment accurately and with control rights and directions

MY QUALITIES

Confidence

I can demonstrate and explain self-confidence when overcoming challenging tasks

Determination

I can learn from making mistakes that will help me improve and I always show resilience. I know how to adopt coping strategies to help me be successful.

Motivation

I can consistently demonstrate self-direction and positive effort in practice and performance situations

I can help to motivate others.

Respect

I can take account of the views of others, regardless of their ability and respond appropriately, encouraging a positive and inclusive environment.

Communication

I can apply a wide range of communication skills appropriately and confidently during practice and performance.

Responsibility and Leadership

I can demonstrate an understanding of the strengths and need of others, help create an inclusive environment, and use appropriate roles and tactics that help to bring out the best in others

MY FITNESS

Core Stability and strength

I can identify where strength is important and consistently demonstrate core stability and strength in physical activities for successful performance

Speed

I can identify where speed is important and consistently demonstrate speed in different activities to contribute to successful performance.

Stamina

I can identify where stamina is important and consistently demonstrate stamina in different activities to contribute to successful performance.



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