

Unit outcomes

Please note: full progression documents belong to the PE passport and can be provided by the PE subject lead on request.

Essential knowledge and skills across each year group

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	No specific fundamentals sessions (all in provision)	Locomotion	Fine Motor Skills	Locomotion	Athletics	Personal Challenges
Know		1)Knows what success looks like for themselves and others 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others		1)Knows what success looks like for themselves and others 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe

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Show		<p>1)Can run, hop, jump and balance with control</p> <p>2)Uses space and awareness within their performance</p> <p>3)Shows increasing understanding of different ways of doing things (techniques)</p>	<p>1)Aware of people's feelings when giving and receiving simple feedback</p>	<p>1)Can run, hop, jump and balance with control</p> <p>2)Uses space and awareness within their performance</p> <p>3)Shows increasing understanding of different ways of doing things (techniques)</p>	<p>1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p> <p>2)Demonstrate strength, balance and coordination when playing</p> <p>3)Negotiate space and obstacles safely, with consideration for themselves and others</p>	<p>1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p> <p>2)Demonstrate strength, balance and coordination when playing</p> <p>3)Negotiate space and obstacles safely, with consideration for themselves and others</p>
	Grow	<p>1)Applies basic skills in a range of physical activities and games</p> <p>2)Shows awareness of rules and boundaries during the activity / event</p> <p>3)Is physically confident and makes a purposeful contribution</p>		<p>1)Applies basic skills in a range of physical activities and games</p> <p>2)Shows awareness of rules and boundaries during the activity / event</p> <p>3)Is physically confident and makes a purposeful contribution</p>	<p>1)Grow by improving active listening skills.</p> <p>2)Grow by communicating to solve simple problems.</p>	<p>1)Grow by improving active listening skills.</p> <p>2)Grow by communicating to solve simple problems.</p>

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Reception	Fundamental Movement 1	Invasion Games 1	Locomotion 2	Target Games 1	Athletics 1	Net and Wall Games 1
Know	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe	1)Knows what success looks like for themselves and others 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe	1)How to handle equipment safely and effectively 2)Know the importance of good health and the benefits of exercise 3)Different ways to keep healthy and safe
Show	1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 2)Demonstrate strength, balance and coordination when playing 3)Negotiate space and obstacles	1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 2)Demonstrate strength, balance and coordination when playing 3)Negotiate space and obstacles	1)Can run, hop, jump and balance with control 2)Uses space and awareness within their performance 3)Shows increasing understanding of different ways of doing things (techniques)	1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 2)Demonstrate strength, balance and coordination when playing 3)Negotiate space and obstacles safely,	1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 2)Demonstrate strength, balance and coordination when playing 3)Negotiate space and obstacles safely, with	1)Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 2)Demonstrate strength, balance and coordination when playing 3)Negotiate space and obstacles

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		safely, with consideration for themselves and others	safely, with consideration for themselves and others		with consideration for themselves and others	consideration for themselves and others	safely, with consideration for themselves and others	
Grow		1)Grow by demonstrating ways of being safe. 2)Grow by showing creativity and understanding how to be creative in PE. 3)Grow by working together in a team.	1)Grow by demonstrating ways of being safe. 2)Grow by showing creativity and understanding how to be creative in PE. 3)Grow by working together in a team.	1)Applies basic skills in a range of physical activities and games 2)Shows awareness of rules and boundaries during the activity / event 3)Is physically confident and makes a purposeful contribution	1)Grow by demonstrating ways of being safe. 2)Grow by showing creativity and understanding how to be creative in PE. 3)Grow by working together in a team.	1)Grow by demonstrating ways of being safe 2)Grow by showing creativity and understanding how to be creative in PE. 3)Grow by working together in a team.	1)Grow by demonstrating ways of being safe. 2)Grow by showing creativity and understanding how to be creative in PE 3)Grow by working together in a team.	
Year 1		Fundamental Movement 2	Invasion games 2	Target games 2	Net and Wall games 2	Athletics 2	Striking and fielding games 1	
Know		1)Knows what success looks like for themselves and others 2)Begins to demonstrate taking the lead in	1)Can describe their own work and offer basic feedback to others 2)Can work alongside others using their individual skills to	1)Begins to demonstrate taking the lead in activities and games 2)Can communicate effectively and	1)Can describe their own work and offer basic feedback to others 2)Understands the need to repeat actions to improve their performance	1)Can describe their own work and offer basic feedback to others 2)Understands the need to repeat actions to improve their performance	1)Can describe their own work and offer basic feedback to others 2)Can work alongside others using their individual skills to	

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		activities and games	contribute to a team	work well with others	3)Can take teacher feedback to improve their own performance	3)Can take teacher feedback to improve their own performance Bronze	contribute to a team	
		3)Can communicate effectively and work well with others	3)Can take teacher feedback to improve their own performance	3)Knows what success looks like for themselves and others			3)Can take teacher feedback to improve their own performance	
	Show	1)Can run, hop, jump and balance with control 2)Uses space and awareness within their performance 3)Shows increasing understanding of different ways of doing things (techniques)	1)Can send and receive a ball / object with control 2)Moves with control when dribbling a ball and can stop on command 3)Can link a series of actions to progress their play	1)Can kick, punt and volley ball towards a set target 2)Can strike a stationary object in a desired direction 3)Can throw objects at a set target, selecting the correct technique with support from the teacher	1)Can demonstrate a good 'ready' position and get in line with the ball / object 2)Changes body positions depending on the pace and flight of the ball / object 3)Begins to control the area of their return	1)Begins to jump in a variety of ways displaying control of movements 2)Can throw objects, selecting the correct technique with support from the teacher 3)Demonstrates a good starting position ready to run	1)Can strike a ball off a tee with control 2)Tracks a ball being hit and can attempt to stop it 3)Can aim and throw a ball in the desired direction	
	Grow	1)Applies basic skills in a range of physical activities and games 2)Shows awareness of rules and boundaries	1)Grow in confidence by attempting new activities in PE. 2)Students will understand how outside of PE being active can make	1)Applies basic skills in a range of physical activities and games 2)Is physically confident and makes a purposeful contribution	1)Grow in confidence by attempting new activities in PE. 2)Students will understand how outside of PE being active can make	1)Grow in confidence by attempting new activities in PE. 2)Students will understand how outside of PE being active can make them healthier and happier	1)Grow in confidence by attempting new activities in PE. 2)Students will understand how outside of PE being active can make	

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	<p>during the activity / event</p> <p>3)Is physically confident and makes a purposeful contribution</p>	<p>them healthier and happier</p> <p>3)Students will know why good posture and balance are important in everyday life</p>	<p>3)Shows awareness of rules and boundaries during the activity / event</p>	<p>them healthier and happier</p> <p>3)Students will know why good posture and balance are important in everyday life</p>	<p>3)Students will know why good posture and balance are important in everyday life</p>	<p>them healthier and happier</p> <p>3)Students will know why good posture and balance are important in everyday life</p>	
Year 2	Fundamental Movement 3	Invasion Games 2	Target Games 3	Net and Wall Games 2	Athletics 2	Striking and Fielding 2	
Know	<p>1)Knows what success looks like for themselves and others</p> <p>2)Begins to demonstrate taking the lead in activities and games</p> <p>3)Can communicate effectively and work well with others</p>	<p>1)Can describe their own work and offer basic feedback to others</p> <p>2)Can work alongside others using their individual skills to contribute to a team</p> <p>3)Can take teacher feedback to improve their own performance</p>	<p>1)Begins to demonstrate taking the lead in activities and games</p> <p>2)Can communicate effectively and work well with others</p> <p>3)Knows what success looks like for themselves and others</p>	<p>1)Can describe their own work and offer basic feedback to others</p> <p>2)Understands the need to repeat actions to improve their performance</p> <p>3)Can take teacher feedback to improve their own performance</p>	<p>1)Can describe their own work and offer basic feedback to others</p> <p>2)Understands the need to repeat actions to improve their performance</p> <p>3)Can take teacher feedback to improve their own performance</p>	<p>1)Can describe their own work and offer basic feedback to others</p> <p>2)Can work alongside others using their individual skills to contribute to a team</p> <p>3)Can take teacher feedback to improve their own performance</p>	

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	Show	<p>1)Can run, hop, jump and balance with control</p> <p>2)Uses space and awareness within their performance</p> <p>3)Shows increasing understanding of different ways of doing things (techniques)</p>	<p>1)Can send and receive a ball / object with control</p> <p>2)Moves with control when dribbling a ball and can stop on command</p> <p>3)Can link a series of actions to progress their play</p>	<p>1)Can kick, punt and volley ball towards a set target</p> <p>2)Can strike a stationary object in a desired direction</p> <p>3)Can throw objects at a set target, selecting the correct technique with support from the teacher</p>	<p>1)Can demonstrate a good 'ready' position and get in line with the ball / object</p> <p>2)Changes body positions depending on the pace and flight of the ball / object</p> <p>3)Begins to control the area of their return</p>	<p>1)Begins to jump in a variety of ways displaying control of movements</p> <p>2)Can throw objects, selecting the correct technique with support from the teacher</p> <p>3)Demonstrates a good starting position ready to run</p>	<p>1)Can strike a ball off a tee with control</p> <p>2)Tracks a ball being hit and can attempt to stop it</p> <p>3)Can aim and throw a ball in the desired direction</p>	
	Grow	<p>1)Applies basic skills in a range of physical activities and games</p> <p>2)Shows awareness of rules and boundaries during the activity / event</p> <p>3)Is physically confident and makes a purposeful contribution</p>	<p>1)Children will know how important cooperation is in and beyond PE.</p> <p>2)Children will consider how coordination can help them in PE, sport and physical activity.</p> <p>3)Children will work in small groups to create a routine demonstrating</p>	<p>1)Applies basic skills in a range of physical activities and games</p> <p>2)Is physically confident and makes a purposeful contribution</p> <p>3)Shows awareness of rules and boundaries during the activity / event</p>	<p>1)Children will know how important cooperation is in and beyond PE.</p> <p>2)Children will consider how coordination can help them in PE, sport and physical activity.</p> <p>3)Children will work in small groups to create a routine demonstrating various dynamic balances.</p>	<p>1)Children will know how important cooperation is in and beyond PE.</p> <p>2)Children will consider how coordination can help them in PE, sport and physical activity.</p> <p>3)Children will work in small groups to create a routine demonstrating</p>		

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			various dynamic balances.				various dynamic balances.	
Year 3	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket		
Know	1)Can comment on other children's work and begin to use the correct context	1)Can comment on other children's work and begin to use the correct context	1)Can comment on other children's work and begin to use the correct context	1)Can comment on other children's work and begin to use the correct context	1)Can comment on other children's work and begin to use the correct context	1)Can comment on other children's work and begin to use the correct context		
	2)Listens actively to their team mates and can work together to ensure success	2)Listens actively to their team mates and can work together to ensure success	2)Listens actively to their team mates and can work together to ensure success	2)Knows that different techniques can lead to different outcomes within a game	2)Knows that different techniques can lead to different outcomes within an event / activity	2)Listens actively to their team mates and can work together to ensure success		
Show	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers		
	1)Applies different techniques when sending and receiving a ball	1)Applies different techniques when sending and receiving a ball	1)Applies different techniques when sending and receiving a ball	1)Can switch between techniques to return the ball / object	1)Shows balance and poise when performing various jumps	1)Can strike a ball with consistency when bowled / served at them		
	2)Can travel at pace when dribbling and	2)Can travel at pace when dribbling and	2)Can travel at pace when dribbling and	2)Uses the whole court / area to get in	2)Perform the various throwing techniques	2)Can position themselves in a good ready position		

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	change direction with control	change direction with control	change direction with control	to go ‘ready’ positions	with a degree of control	and is successful in stopping a ball hit towards them
	3)Attacks and defends applying the correct techniques when desired	3)Attacks and defends applying the correct techniques when desired	3)Attacks and defends applying the correct techniques when desired	3)Thinks about the speed / strength of return to affect their opponents return ability	3)Improves their running technique with feedback from teachers	3)Can select the correct technique when returning the ball (underarm or overarm) or when bowling
Grow	1)Understand the term winning and how it might impact behavior in PE and beyond.	1)Understand the term winning and how it might impact behavior in PE and beyond.	1)Understand the term winning and how it might impact behavior in PE and beyond.	1)Understand the term Resilience and its importance in PE and beyond.	1)Understand how regular exercise can improve physical health.	1)Explore self- confidence in PE and what might impact it.
	2)Understand the term losing and how to behave when we lose in PE and beyond.	2)Understand the term losing and how to behave when we lose in PE and beyond.	2)Understand the term losing and how to behave when we lose in PE and beyond.	2)Demonstrate persistence and understand its importance in learning in a PE context and beyond.	2)Understand how exercise and movement can positively affect mental health.	2)Have the opportunity to receive and act on feedback.
	3)Understand the importance of attacking in sport and competition.	3)Understand the importance of attacking in sport and competition.	3)Understand the importance of attacking in sport and competition.	3)Understand how embracing failure can support learning in PE and beyond.	3)Understand that movement and exercise can provide social opportunities and benefits.	3)Understand the importance of self- discipline in PE and beyond
Year 4	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket
Know	1)Can comment on other children’s work and begin to use the correct context	1)Can comment on other children’s work and begin to use the correct context	1)Can comment on other children’s work and begin to use the correct context	1)Can comment on other children’s work and begin to use the correct context	1)Can comment on other children’s work and begin to use the correct context	1)Can comment on other children’s work and begin to use the correct context

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		2)Listens actively to their team mates and can work together to ensure success	2)Listens actively to their team mates and can work together to ensure success	2)Listens actively to their team mates and can work together to ensure success	2)Knows that different techniques can lead to different outcomes within a game	2)Knows that different techniques can lead to different outcomes within an event / activity	2)Listens actively to their team mates and can work together to ensure success	
		3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers	3)Looks to improve their perform from advice from teachers and peers Bronze	3)Looks to improve their perform from advice from teachers and peers	
	Show	1)Applies different techniques when sending and receiving a ball	1)Applies different techniques when sending and receiving a ball	1)Applies different techniques when sending and receiving a ball	1)Can switch between techniques to return the ball / object	1)Shows balance and poise when performing various jumps	1)Can strike a ball with consistency when bowled / served at them	
		2)Can travel at pace when dribbling and change direction with control	2)Can travel at pace when dribbling and change direction with control	2)Can travel at pace when dribbling and change direction with control	2)Uses the whole court / area to get in to go 'ready' positions	2)Perform the various throwing techniques with a degree of control	2)Can position themselves in a good ready position and is successful in stopping a ball hit towards them	
		3)Attacks and defends applying the correct techniques when desired	3)Attacks and defends applying the correct techniques when desired	3)Attacks and defends applying the correct techniques when desired	3)Thinks about the speed / strength of return to affect their opponents return ability	3)Improves their running technique with feedback from teachers	3)Can select the correct technique when returning the ball (underarm or overarm) or when bowling	
	Grow	1)Understand the importance of defending in sport and competition.	1)Understand the importance of defending in sport and competition.	1)Understand the importance of defending in sport and competition.	1)Consider how positivity connects with resilience in PE and beyond.	1)Recognise the importance of mindfulness.	1)Understand how distractions might impact	

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		<p>2)Explore movement within game situations and understand the importance of movements within PE and sport.</p> <p>3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition.</p>	<p>2)Explore movement within game situations and understand the importance of movements within PE and sport.</p> <p>3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition.</p>	<p>2)Explore movement within game situations and understand the importance of movements within PE and sport.</p> <p>3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition.</p>	<p>2)Understand how making little improvements can lead to better performance in PE and beyond.</p> <p>3)Consider how learning from others can support learning in PE and beyond.</p>	<p>2)Explain what dopamine is and the effect of it on the body.</p> <p>3)Recognise that regular exercise will improve general fitness that can be applied across sports and life.</p>	<p>performance in PE and beyond.</p> <p>2)Explore emotions and how they might impact performance in PE and beyond.</p> <p>3)Understand the importance of reflection in order to improve in PE and beyond.</p>	
Year 5	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket		
Know	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands that a consistent approach within a game will produce consistent results</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands that a consistent approach within an event / activity will produce consistent results</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>		

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Show	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice to peers for their improvement	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements
	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has a varied range of techniques when returning the ball / object 2)Anticipates the opponents return and is prepared in a set 'ready' position 3)Understands that returning a ball / object in a certain manner can affect the outcome of the game	1)Shows consistency, balance and control in taking off and landing all jumps 2)Combine running / movement with the relevant techniques of throwing to improve distances 3)Controls their running pace to be relevant to distance and use a good technique	1)Can strike a ball consistently when bowled at them and have a good range of shot selection 2)Is proactive when fielding (positioning) and is successful in stopping and returning the ball with the correct technique 3)Shows accuracy consistently using the correct technique when returning a ball quickly
	1)Develop teamwork skills whilst working with others.	1)Develop teamwork skills whilst working with others.	1)Develop teamwork skills whilst working with others.	1)Consider how positivity connects with resilience in PE and beyond.	1)Be able to understand big targets and recognise the benefits of setting big	1)Explore the behaviours of a leader in PE and beyond.

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Grow	<p>2)Explore honesty and its importance within PE and beyond.</p> <p>3)Explore inclusion and what it looks like in PE and beyond.</p>	<p>2)Explore honesty and its importance within PE and beyond.</p> <p>3)Explore inclusion and what it looks like in PE and beyond.</p>	<p>2)Explore honesty and its importance within PE and beyond.</p> <p>3)Explore inclusion and what it looks like in PE and beyond.</p>	<p>2)Understand how making little improvements can lead to better performance in PE and beyond.</p> <p>3)Consider how learning from others can support learning in PE and beyond.</p>	<p>targets in PE and beyond.</p> <p>2)Be able to understand resilience and recognise why it is important to be resilient in PE and beyond.</p> <p>3)Understand what 'work ethic' is and recognise the benefits of having a good work ethic, linking back to motivation.</p>	<p>2)Explore how leaders can motivate others in PE and beyond.</p> <p>3)Understand the importance of reflection in order to improve as a leader in PE and beyond.</p>	
Year 6	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket	
Know	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands that a consistent approach within a game will produce consistent results</p> <p>3)Knows what they need to do to</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands that a consistent approach within an event / activity will produce consistent results</p> <p>3)Knows what they need to do to improve</p>	<p>1)Evaluates the work of themselves and others using correct technical language and vocabulary</p> <p>2)Understands how working with others can lead to individual and team success</p>	

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Show	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements	improve and can offer advice to peers for their improvement	and can offer advice for team mates improvements	3)Knows what they need to do to improve and can offer advice for team mates improvements
	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has complete control of the ball and can retain possession by sending and receiving in space 2)Uses various dribbling techniques when in possession depending on the environment around them 3)Advances play with speed of movement and techniques	1)Has a varied range of techniques when returning the ball / object 2)Anticipates the opponents return and is prepared in a set 'ready' position 3)Understands that returning a ball / object in a certain manner can affect the outcome of the game	1)Shows consistency, balance and control in taking off and landing all jumps 2)Combine running / movement with the relevant techniques of throwing to improve distances 3)Controls their running pace to be relevant to distance and use a good technique	1)Can strike a ball consistently when bowled at them and have a good range of shot selection 2)Is proactive when fielding (positioning) and is successful in stopping and returning the ball with the correct technique 3)Shows accuracy consistently using the correct technique when returning a ball quickly
	1)Understand the term respect and what it looks like in PE and beyond.	1)Understand the term respect and what it looks like in PE and beyond.	1)Understand the term respect and what it looks like in PE and beyond.	1)Understand the term Resilience and its importance in PE and beyond.	1)Understand what is meant by intrinsic motivation in PE and beyond.	1)Explore the importance of honesty as a leader

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Grow	<p>2) Understand the importance of fair play in PE and sport.</p> <p>3) Explore equality and what it means for PE.</p>	<p>2) Understand the importance of fair play in PE and sport.</p> <p>3) Explore equality and what it means for PE.</p>	<p>2) Understand the importance of fair play in PE and sport.</p> <p>3) Explore equality and what it means for PE.</p>	<p>2) Demonstrate persistence and understand its importance in learning in PE. Understand its importance in learning in a PE context and beyond.</p> <p>3) Understand how embracing failure can support learning in PE and beyond.</p>	<p>2) Understand what is meant by extrinsic motivation in PE and beyond.</p> <p>3) Be able to recognise the benefits of setting small targets in PE and beyond.</p>	<p>when providing feedback.</p> <p>2) Explore effective communication within PE and beyond.</p> <p>3) Understand the attitudes of a leader in PE and beyond</p>
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