

I am an athlete

FS1

I try to be independent putting on some clothes eg
coat

I can play a ball game with an adult or friend

I listen to the rules

I can move in different ways



I am an athlete

FS2

I am mostly independent at getting ready but
accept help

I can initiate a game with adults or a friend

I can find a space and stay safe



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Year 1

I am independent at getting ready and care for
my own belongings

I have a positive attitude towards PE

I can communicate with my team

I can pay attention to what I am doing



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Year 2

I am independent getting ready and care for my own belongings

I have a positive attitude to PE and am responsible for my own attitude

I realise the importance of my team mates and communicate with them

I can control my strong emotions when playing a sport



I am an athlete

Year 3

I am respectful of other people when getting ready and care for my own belongings

I have a positive attitude to PE and am responsible for my own attitude

I am able to persist through difficult tasks

I can set myself a short term goal

I realise I am part of a larger system including my team and coach.



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Year 4

I am respectful of other people when getting ready and care for my own belongings

I have a positive attitude to PE and am responsible for my own attitude

I can talk to myself the way I would talk to my best friend

I can imagine myself being good at sport

I accept anxiety can come with playing sport

I can regain my focus after it is lost



I am an athlete

Year 5

I am respectful of other people when getting ready and care for my own belongings

I have a positive attitude to PE and am responsible for my own attitude

I can set long term goals

I realise that many benefits can come from my participation and not just the outcome.

I can honestly communicate my thoughts and feelings when playing sport.

I can create and use mental images that are detailed, specific, and realistic

I realise that some level of anxiety can help me perform well



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Year 6

I am respectful of other people when getting ready and care for my own belongings

I have a positive attitude to PE and am responsible for my own attitude

I can maintain balance and perspective between my sport and the rest of my life.

I can persist through difficulties even when the rewards are not forthcoming

I am aware of my current performance level

I know how to reduce anxiety when it becomes too strong

I can effectively deal with situations of conflict

I can honestly communicate my thoughts and feelings when playing sport.

I use my emotions to help me improve

I can play in the here and now without regard to past events

I can recover from poor performances

