

Planning a progression of learning

Throughout the programme, students should engage with the curriculum and demonstrate their understanding at increasing levels of sophistication.

Year 1 In order to reach the aims of physical and health education, students should be able to:	Year 3 In order to reach the aims of physical and health education, students should be able to:	Year 5 In order to reach the aims of physical and health education, students should be able to:
Objective A: Knowing and understanding		
i. outline physical and health education factual, procedural and conceptual knowledge ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology to communicate understanding.	i. describe physical and health education factual, procedural and conceptual knowledge ii. apply physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology effectively to communicate understanding.	i. explain physical and health education factual, procedural and conceptual knowledge ii. apply physical and health education knowledge to analyse issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology effectively to communicate understanding.
Objective B: Planning for performance		
i. construct and outline a plan for improving health or physical activity ii. describe the effectiveness of a plan based on the outcome.	i. design and explain a plan for improving physical performance and health ii. explain the effectiveness of a plan based on the outcome.	i. design, explain and justify a plan to improve physical performance and health ii. analyse and evaluate the effectiveness of a plan based on the outcome.

Year 1 In order to reach the aims of physical and health education, students should be able to:	Year 3 In order to reach the aims of physical and health education, students should be able to:	Year 5 In order to reach the aims of physical and health education, students should be able to:
Objective C: Applying and performing		
i. recall and apply a range of skills and techniques ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively.	i. demonstrate and apply a range of skills and techniques ii. demonstrate and apply a range of strategies and movement concepts iii. outline and apply information to perform effectively.	i. demonstrate and apply a range of skills and techniques ii. demonstrate and apply a range of strategies and movement concepts iii. analyse and apply information to perform effectively.
Objective D: Reflecting and improving performance		
i. identify and demonstrate strategies to enhance interpersonal skills ii. identify goals and apply strategies to enhance performance iii. describe and summarize performance.	i. describe and demonstrate strategies to enhance interpersonal skills ii. outline goals and apply strategies to enhance performance iii. explain and evaluate performance.	i. explain and demonstrate strategies to enhance interpersonal skills ii. develop goals and apply strategies to enhance performance iii. analyse and evaluate performance.

The range of assessed skills, techniques, strategies and movement concepts, as well as the complexity of their application, must increase as students progress through the programme.