

Acquiring and developing skills

P 4-5	P 6-7	P 8	NC1	NC2
Follow a simple trail with help and recognize familiar landmarks	Follow a simple trail in familiar environments	Identify where you are, with help, on the trail	Follow a simple marked trails and identify where you are on a familiar trail	Recognise where you are on a plan or diagram n an unfamiliar environment
Travel successfully to and from objects and locations with teacher support	Travel successfully to and from objects and locations with guidance	Travel successfully to and from objects and locations on the ground	Work with others to solve problems that have been set, taking an active role	Respond positively to a problem or challenge set
Work cooperatively with a partner to follow a trail with teacher support to keep on task	Work increasingly co-operatively with others	Follow others suggestions	Solve some of the challenges and problems set in familiar environments	Take on roles given to you and show some understanding of problem solving strategies planned by others

Selecting and applying skills, tactics and compositional ideas

P 4-5	P 6-7	P 8	NC1	NC2
Work co-operatively with a partner to follow a trail with teacher support to keep on task	Work co-operatively with a partner to follow a trail with some teacher support	Work co-operatively with a partner, with teacher guidance	Work with a partner co-operatively to follow a trail	Use communications to help a group of eye-shaded people to complete task
Follow simple instructions to complete the task, although you may need the support of teacher prompts and symbols	Follow written rules and diagrams with guidance Follow others instructions	Choose simple approaches to solve the problem set	Choose sensible skills and approaches for the challenges set	Successfully complete a range of practical problem solving activities
Take an active part in the work	Work with others to solve problems that have been set	Respond to challenges set in a familiar environment	Meet challenges effectively while working in a team	Choose/select sensible approaches to meet the challenge In an unfamiliar environment
Match objects of reference on a trail	Plan your actions with guidance. Recognise that planning is useful	Solve some of the challenges and problems set in familiar environments	Use skills with control in problem solving activities	Follow written rules and diagrams Follow simple verbal instructions

Knowledge and understanding of fitness and health

P 4-5

Respond to simple commands
e.g. 'stop'

P 6-7

Know that you need to be
careful to ensure your safety
and recognise when you have
been energetic

P 8

Know that you need to be
careful so that you are safe

NC1

Prepare yourself effectively and
follow safety procedures

NC2

Conserve your efforts and keep
concentration during tasks

Evaluating and improving performance

P 4-5

Answer simple questions about
the trail

P 6-7

Describe what you did when
following a trail or solving a
problem

P 8

Describe what challenges you
faced when following a trail or
solving a problem

NC1

Recognise when a solution has
been successful and describe
what happened

NC2

Identify what you have done
well and adapt plans to be more
efficient when facing similar
challenges