National Curriculum

Physical Education

# Key Stage 1 – PE MAPs©

# Year 1

## Planning and Assessment: PE Measures of Attainment and Progress (PE MAPs©)

Area of Experience and Development

## End of Year Age Related Expectations (Health)

Children ***talk about*** how to exercise safely, and ***describe*** how their bodies feel when they are ***moving and*** when they are ***at rest***.

HEALTH

Skills, Knowledge & Understanding

| 1 | 2 | 3 | 4 |
|---|---|---|---|
| Children are beginning to become ***secure in some aspects*** of the end of year expectations | Children are ***secure in the majority of the aspects*** of the end of year expectations | Children are ***secure in all or almost all of the aspects*** of the end of year expectations | Children ***add more depth and breadth*** to their knowledge of the end of year expectations |
| *They **display some examples** such as being able to:*<br>▪ Recognise that their body starts to change how it feels when they stop resting and start moving<br>▪ Describe how their heart starts to beat a bit faster when they start to run around<br>▪ Recognise and describe that their heart beat starts to slow down when they stop moving | *They **display some more examples** such as being able to:*<br>▪ Describe that they start to breathe a bit faster when they start to move<br>▪ Recognise and describe that their breathing starts to slow down when they stop moving and rest<br>▪ Say that they mustn't bump into anyone when they move around | *They **display even more examples** such as being able to:*<br>▪ Recognise and describe that they start to get warmer when they move and their cheeks start to go red<br>▪ Recognise that their body starts to cool down when they stop moving and rest and their cheeks start to return to their normal colour<br>▪ Say that they mustn't eat when they are moving around | *With regards to the aspects of the end of year expectations, they:*<br>▪ Start to consolidate and embed them<br>▪ Use and apply them more regularly<br>▪ Use and apply them with greater consistency<br>▪ Use and apply them more appropriately<br>▪ Take more opportunities to use them |

The majority of children are expected to work within and achieve Measures 1-4, with ***most children achieving Measure 3*** by the end of the year.

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