



Holly Park School Physical Education: OAA Progression Of Skills

Year Group	Physical Me: (Skills) To become more physically skilful and competent <i>in Outdoor and Adventurous activity challenges both individually and within a group.</i>	Creative Me: (Applying skills) To become better at making decisions independently and with others <i>about how to apply strategies to solve problems.</i>	Healthy Me: (Healthy lifestyles) To take part in a more physically active and healthy lifestyle <i>through increased health, fitness, confidence, motivation, knowledge and understanding.</i>	Thinking Me: (Evaluation) To be work as a team <i>to bring about improvement in myself and others.</i>
6	I can listen to and follow instructions. I can use and interpret simple maps. I can demonstrate an understanding of how to stay safe.	I can adapt different skills to the environment. I can think activities through and problem solve using general knowledge. I can choose and apply strategies and skills to solve problems.	I understand how Outdoor and Adventurous activities help my overall health. I know how to improve my health and fitness.	I can discuss and work with others in a group.
5	I can listen carefully to instructions. I can use a simple map. I can demonstrate an understanding of how to stay safe.	I can adapt different skills to the environment. I can develop and refine skills independently. I can think activities through and problem solve. I can choose and apply strategies to solve problems with support.	I understand how Outdoor and Adventurous activities help my overall health. I know how to improve my health and fitness.	I can discuss and work with others in my group.

