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| **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Has a developing knowledge of maps and diagrams. | Demonstrate an understanding of maps and diagrams. | Perform skills and strategies effectively. | Confidently perform skills and strategies. |
| Can travel around a simple course. | Can travel around a simple course. | Find solutions to problems and challenges. | Find solutions to problems and challenges. |
| Show initiative. | Show initiative. | Organise themselves in preparation for a task. | Organise themselves and others in preparation for a task. |
| Show an awareness of safety for themselves and others. | Show an awareness of safety for themselves and others. | Show an understanding of the challenge and their goals.  | Show an understanding of the challenge and their goals.  |
| Starting to plan sensible responses to problems. | Starting to plan sensible responses to problems. | Able to work increasingly well as part of a team. | Able to work increasingly well as part of a team. |
| Adapt their skills when the task changes. | Adapt their skills and strategies when the task changes. | Adapt their approach as necessary. | Adapt their approaches and strategies as necessary. |
| Willing to work as part of a team. | Willing to work as part of a team. | Able to approach a problem in several different ways. | Able to approach a problem in various different ways. |
| Suggest alternative solutions. | Suggest alternative solutions. | Say what they have done well and where they can improve. | Say what they have done well and where they can improve. |
| Identify strengths and weaknesses in their approach. | Identify strengths and weaknesses in their approach. | Take the lead in planning to improve weaknesses. | Take the lead in planning to improve weaknesses. |
| Accept and respond to feedback. | Accept and respond appropriately to feedback. | Plan, deliver and improve the strategies they use. | Plan, deliver and improve the strategies they use. |
| Say which parts of the task were successful. | Say which parts of the task were successful. | Prepare physically for challenges. | Prepare physically for challenges. |
| Recognise the physical demands placed on their bodies. | Recognise the physical demands placed on their bodies. | Understand the roles and responsibilities in a group. | Understand the roles and responsibilities in a group. |
| Say why we need to warm up. | Say why and how we need to warm up. | Say how a task physically affects their bodies. | Say how tasks physically affect their bodies, health & well-being. |
| Suggest suitable warm up activities. | Suggest suitable warm up activities. | Show an awareness of the group's safety. | Show an awareness of the group's safety. |