Physical Education, P Scale

P1(i) - Physical Education

1. The learner will encounter activities and experiences

1.1 I can experience various sounds. [1]

1.2 I can experience light patterns. [3]

1.3 I can experience music. [5]

1.4 I can experience a combination of action with sound. [7]

1.5 I can experience movement. [9]

2. The learner will encounter activities and experiences

2.1 I can make a startled response to a sudden noise. [2]

2.2 I can make a startled response to a sudden movement. [4]

2.3 I can make a startled response to a sudden bright light. [6]

2.4 I can be passive or resistant. [8]

P1(ii) - Physical Education

1. The learner will show emerging awareness of activities and experiences

1.1 I can make a brief response to sound. [11]

1.2 I can make a brief response to a picture. [13]

1.3 I can make a brief response to music. [15]

1.4 I can make a brief response to physical sensory source. [17]

1.5 I can make a brief response to light patterns. [18]

1.6 I can make a brief response to a

2. The learner will show intermittent reactions

2.1 I can react to movement. [12]

2.2 I can react to physical contact. [14]

2.3 I can react to a change in temperature. [16]

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moving object. [19]

P2(i) - Physical Education

1. The learner will react to new activities and experiences	2. The learner will begin to show interest in people, events and objects	3. The learner will participate in shared activities
1.1 I can react to unfamiliar sounds. [21]	2.1 I can respond consistently to familiar people. [22]	3.1 I can engage in co-active exploration. [23]
1.2 I can react to unfamiliar images. [24]	2.2 I can respond consistently to familiar events. [25]	
1.3 I can react to a new task. [26]	2.3 I can respond consistently to familiar objects. [27]	
1.4 I can react to a new experience. [28]		

P2(ii) - Physical Education

1. The learner will communicate consistent preferences	2. The learner will communicate affective responses	3. The learner will recognise familiar people, events and objects	4. The learner will perform simple actions.	5. The learner will remember learned responses.	6. The learner will participate in shared activities.
1.1 I can communicate preference for certain images. [30]	2.1 I can respond with volume variation. [31]	3.1 I can recognise familiar people. [32]	4.1 I can attempt to perform a simple action. [33]	5.1 I can remember learned responses over short periods of	6.1 I can co-operate with shared exploration. [35]

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				time. [34]	
1.2 I can communicate preference for certain sounds. [36]	2.2 I can respond to specific stimulation. [37]	3.2 I can recognise familiar events. [38]	4.2 I can use trial and improvement to perform an action. [39]		6.2 I can co-operate with supported participation . [40]
		3.3 I can recognise familiar objects. [41]			

P3(i) - Physical Education

1. The learner will request events or activities .	2. The learner will participate in shared activities .	3. The learner will sustain concentration.	4. The learner will explore materials .	5. The learner will perform simple actions.	6. The learner will remember learned responses .
1.1 I can request for an event or activity. [43]	2.1 I can participate in shared exploration with less support. [44]	3.1 I can sustain concentration for short periods. [45]	4.1 I can explore different materials in increasingly complex ways. [46]	5.1 I can perform simple actions. [47]	6.1 I can remember learned responses over extended periods. [48]
				5.2 I can observe the result of my action. [49]	6.2 I can remember a learned activity. [50]
				5.3 I can demonstrate an awareness of change as a result of my action. [51]	6.3 I can remember the purpose of equipment. [52]

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P3(ii) - Physical Education

1. The learner will initiate interactions and activities.	2. The learner will remember learned responses.	3. The learner will respond to options and choices.	4. The learner will actively explore objects and events.	5. The learner will apply potential solutions systematically to problems.
1.1 I can greet familiar people. [54]	2.1 I can remember learned responses over increasing periods. [55]	3.1 I can respond to an option or choice. [56]	4.1 I can actively explore objects. [57]	5.1 I can attempt to solve simple problems. [58]
1.2 I can initiate interactions with familiar people. [59]	2.2 I can anticipate familiar events. [60]	3.2 I can demonstrate dissatisfaction. [61]	4.2 I can actively explore events. [62]	
1.3 I can initiate activities with familiar people. [63]		3.3 I can demonstrate satisfaction. [64]	4.3 I can remain interested in an activity for a short period. [65]	
		3.4 I can indicate preference. [66]		

P4 - PE

1. The learner will establish movement patterns and perform single actions	2. The learner will respond to simple commands	3. The learner will recognise familiar pieces of equipment	4. The learner will show awareness of cause and effect
1.1 I can	2.1 I can respond	3.1 I can recognise	4.1 I can show

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demonstrate simple movement patterns. [68]	appropriately to simple commands. [69]	equipment frequently used in activities. [70]	some basic awareness of cause and effect. [71]
1.2 I can demonstrate single actions. [72]		3.2 I can select the correct equipment for a game. [73]	4.2 I can respond to praise by repeating an action. [74]

P5 - PE

1. The learner will link two actions in a sequence	2. The learner will follow simple instructions	3. The learner will explore a variety of movements and show some awareness of space	4. The learner will understand some basic concepts	5. The learner will take turns with a partner or in a small group	6. The learner will recognise and collect, on request, familiar pieces of equipment
1.1 I can perform two separate actions. [76]	2.1 I can follow simple instructions. [77]	3.1 I can perform a variety of movements. [78]	4.1 I can demonstrate an understanding of some basic concepts. [79]	5.1 I can be patient and wait for my turn. [80]	6.1 I can recognise familiar pieces of equipment. [81]
1.2 I can link two actions in a sequence. [82]		3.2 I can explore movement in water. [83]		5.2 I can take turns with a partner. [84]	6.2 I can collect familiar pieces of equipment. [85]
		3.3 I can demonstrate some awareness of space. [86]		5.3 I can take turns when part of a group. [87]	
		3.4 I can move within the available			

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space safely. [88]

P6 - PE

1. The learner will work in pairs and small groups coo peratively	2. The learner will move in a variety of ways	3. The learner will link movements in a simple sequence	4. The learner will recognise small and large apparatus and use them with some basic control	5. The learner will throw and kick a ball, but lack direction
1.1 I can work appropriately with another person. [90]	2.1 I can move in a variety a ways. [91]	3.1 I can link movements in simple sequences. [92]	4.1 I can recognise some small apparatus. [93]	5.1 I can throw a ball in any direction. [94]
1.2 I can work appropriately in a group activity. [95]	2.2 I can move in different directions. [96]		4.2 I can recognise some large apparatus. [97]	5.2 I can kick a ball in any direction. [98]
1.3 I can follow instructions. [99]			4.3 I can use some small apparatus safely and with control. [100]	
1.4 I can stay on task. [101]			4.4 I can use some large apparatus safely and with control. [102]	

P7 - PE

1. The learner will	2. The learner will use	3. The learner will	4. The learner will work	5. The learner will	6. The learner will be

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express themselves through repetitive and simple sequences and movement patterns	control and coordination skills	listen to instructions and stop and start with some accuracy	closely in pairs, trios or small groups	share and wait their turn	aware of the changes that happen to their bodies when they are active
1.1 I can perform a simple movement pattern. [104]	2.1 I can demonstrate various control skills. [105]	3.1 I can "start" under command, with some accuracy. [106]	4.1 I can work cooperatively with another person. [107]	5.1 I can wait for my turn patiently. [108]	6.1 I can aware of changes to my body from exercise. [109]
1.2 I can perform a sequence of simple movements. [110]	2.2 I can demonstrate various coordination skills. [111]	3.2 I can "stop" under command, with some accuracy. [112]	4.2 I can work cooperatively with two other people. [113]	5.2 I can share equipment with others. [114]	6.2 I can describe how I feel after participating in different activities. [115]
1.3 I can experiment with moving in different ways. [116]		3.3 I can listen to and follow instructions. [117]	4.3 I can work in small groups. [118]		

P8 - PE

1. The learner will move with some control and coordination	2. The learner will follow and imitate sequences and patterns in their moveme	3. The learner will use small and large apparatus safely	4. The learner will be aware of space, themselves and others	5. The learner will play simple games and may require support to keep score and	6. The learner will recognise the changes that happen to their bodies when

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	nts			follow game rules	they are active
1.1 I can move with some control and coordination . [120]	2.1 I can imitate simple movements. [121]	3.1 I can use small apparatus safely. [122]	4.1 I am aware of the space around me. [123]	5.1 I can participate in command based games. [124]	6.1 I can recognise changes to my body during exercise. [125]
1.2 I can perform various actions with control and coordination . [126]	2.2 I can imitate a sequence of movements. [127]	3.2 I can use large apparatus safely. [128]	4.2 I can move freely and safely within the available space. [129]	5.2 I can participate in simple invasion games. [130]	6.2 I can identify changes to my body after exercise. [131]
	2.3 I can combine a series of movements. [132]		4.3 I am aware of others. [133]	5.3 I can participate in athletic games. [134]	
	2.4 I can repeat a series of combined movements. [135]		4.4 I can use the equipment correctly and safely. [136]	5.4 I can understand that games have rules. [137]	
				5.5 I can attempt to play within the rules of the game. [138]	

Links to PScale Units

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Science [144]	Physical education [145]	Art [146]	Music [147]
Design technology [148]	Personal social health education [149]	Geography [150]	History [151]
Religious education	Modern foreign		

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[152] https://theingots.org/community/psre
[153] https://theingots.org/community/psml

(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]||function(){ (i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o), m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBefore(a,m) })(window,document,'script','//www.google-analytics.com/analytics.js','ga'); ga('create', 'UA-46896377-2', 'auto'); ga('send', 'pageview');