

Thinking Me	Healthy Me	Social Me	Physical Me
I can use what I already know to help me improve.	I can take care of my health and keep practising.	I can be fair and not judge people.	I can perform skills smoothly in a team.
I can listen carefully and learn from others.	I can stay positive and control my emotions.	I can see things from other people's points of view.	I can use my body in different ways to show expression.
I can focus and stay on task.	I can learn from my mistakes and try again.	I can include everyone and make them feel welcome.	I can perform skills with confidence and control.
I can use my imagination to find new solutions.	I can see what I've done well and what I can improve.	I can think about the good things, not just the hard ones.	I can perform a simple sequence of movements.
I can ask questions to learn more.	I can see challenges as chances to grow.	I can understand how others might feel.	I can show control when I move.
I can explore new ideas and learn from mistakes.	I can make healthy choices for my body and mind.	I can give praise and say well done to others.	I can follow rules and stay safe in PE.
I can move out of my comfort zone and try something new.	I can set small goals for myself and work towards them.	I can show kindness and say thank you.	I can practise to get better at my skills.
I can look closely at details to improve my work.	I can stay calm and keep trying when things get tough.	I can ask for help and listen to others.	I can link my skills together in different ways.
I can think before I act and choose good ways to solve problems.	I can look after myself and my things.	I can treat others how I want to be treated.	I can copy and perform simple skills safely.
I can try new ideas and adapt when things change.	I can have a go and keep trying, even when it's hard.	I can share and take turns with others.	I can use different ways to move or play to show my skills.

Skill Progression Key: **Red = Starting skill** **Yellow = Developing skill** **Green = Secure skill** **Blue = Confident skill** **Grey = Advanced skill** **Purple = Expert skill**