

NC1

I can follow instructions, practise safely and work on simple tasks by myself.

I can sustain my attention in a small group in a familiar activity.

P8

I can sustain my attention in my own activity and respond to the requests of others.

P7

P Scales

P6

I can transfer my attention to a familiar activity/task with support.

P5

I can maintain my attention for short periods and remain on task in adult directed activity with support.



NC1

I can work sensibly with others, taking turns and sharing.

I can take on different roles in a large group with support.

P8

I can play in small groups without help.

P7

P Scales

P6

I can play with others with minimal support.

P5

I can play with others with adult support.



NC1

I can explore and describe different movements.

I can describe different movements.

P8

I can observe and copy others with support.

P7

P Scales

P6

I can demonstrate the difference between moving slowly and moving quickly.

P5

I can watch and react to my partner's performance.

NC1

I can understand and follow simple rules. I can name some things I am good at.

I can describe what I like and do not like about an activity.

P8

I can respond to simple rules and take turns with minimal prompts.

P7

P Scales

P6

I can follow simple rules with support.

P5

I can tell someone what I have done with support and prompts.

Cognitive

NC1

I am aware of why exercise is important for good health.

I am aware of many changes to the way I feel when I exercise.

P8

I can describe the effects of exercise on my body with minimal prompts.

P7

P Scales

P6

I can recognise one effect of activity on my body (e.g. heart beating faster).

P5

I can collect equipment with support.

Health & Fitness