

PHYSICAL EDUCATION SOLO TAXONOMY

PROGRESSION

Developing thinking, performance and reflection through physical education.

— OUR VISION —

EVERY CHILD.
EVERY CHANCE.
EVERY DAY.

— OUR MISSION —

*"Love one another
as I have
loved you."*

JOHN 13:34



PRESTRUCTURAL

*I am beginning
to understand.*



UNISTRUCTURAL

*I can do it on
my own.*



MULTISTRUCTURAL

*I can use several
skills together.*



RELATIONAL

*I can apply, connect
and explain.*



EXTENDED ABSTRACT

*I can evaluate, adapt
and create.*

Think.



Perform.



Reflect.



Improve.



Achieve.



**OUR
CARES
VALUES**



COMPASSION

We show kindness,
care and respect
for all.



AMBITION

We aim high and
strive to be the
best we can be.



REJOICE

We celebrate our gifts,
achievements and
each other.



EXCELLENCE

We give our best
in all that we do.



SERVICE

We serve others and
make a positive
difference.

SOLO IN PE

Using SOLO Taxonomy to develop thinking, performance and reflection in physical education.


OUR VISION

EVERY CHILD.
EVERY CHANCE.
EVERY DAY.


OUR MISSION

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SOLO HELPS CHILDREN TO...

-  **THINK DEEPLY**
Develop understanding and make connections.
-  **IMPROVE PERFORMANCE**
Build skills and refine technique.
-  **REFLECT ON LEARNING**
Think about what went well and what can improve.
-  **WORK COLLABORATIVELY**
Communicate, support and learn from others.
-  **APPLY TACTICS**
Use skills and strategies in game situations.
-  **CHALLENGE THEMSELVES**
Set goals, take risks and strive for improvement.

THE SOLO PERFORMANCE PATHWAY



SOLO IN ACTION

-  **PRESTRUCTURAL** Needs support to copy movements.
-  **UNISTRUCTURAL** Can perform one skill independently.
-  **MULTISTRUCTURAL** Can link several skills together.
-  **RELATIONAL** Can apply skills tactically.
-  **EXTENDED ABSTRACT** Can evaluate and adapt performance independently.

OUR PE LEARNERS...

-  **Think.**
We think deeply and make connections.
-  **Perform.**
We build skills and perform with pride.
-  **Reflect.**
We reflect on our learning and aim to improve.
-  **Improve.**
We take on feedback and strive to be better.
-  **Achieve.**
We challenge ourselves and celebrate success.

FUNDAMENTAL MOVEMENT SOLO

Developing movement, coordination and physical literacy through progressive challenge.

FUNDAMENTAL MOVEMENT DEVELOPS...



BALANCE

Maintaining stability and control in different positions.



AGILITY

Moving quickly and changing direction.



COORDINATION

Using body parts together smoothly and accurately.



CONFIDENCE

Believing in your abilities and trying your best.



CONTROL

Controlling movements with increasing precision.



RESILIENCE

Persevering, learning and improving over time.

THE SOLO MOVEMENT PATHWAY



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SOLO IN ACTION



EYFS

Can you balance safely?



KS1

Can you combine movements?



LKS2

Can you adapt movements in activities?



UKS2

How could you improve performance?

OUR
MOVERS...



Move.

We move with purpose and energy.



Balance.

We balance our bodies in many ways.



Control.

We control our movements with care and precision.



Apply.

We apply our skills in different activities and situations.



Refine.

We refine, improve and challenge ourselves.

GAMES SOLO

Developing tactical understanding, teamwork
and strategic thinking through games.

THE SOLO GAMES PATHWAY

GAMES DEVELOP...



TACTICS

Understanding how to attack, defend and create space.



TEAMWORK

Working together and supporting one another.



COMMUNICATION

Sharing ideas, giving information and listening.



DECISION MAKING

Making smart choices quickly in games.



LEADERSHIP

Leading by example and inspiring others.



AGILITY

Moving with speed, control and confidence.



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SOLO IN ACTION



EYFS

Can you work with a partner?



KS1

Can you pass accurately?



LKS2

How can you create space?



UKS2

How could your team adapt tactics?

OUR PLAYERS...



Play.

We play with purpose and enjoyment.



Communicate.

We share ideas and listen to others.



Collaborate.

We work together as a team to achieve our goals.



Strategise.

We think ahead and make smart decisions.



Lead.

We lead by example and support others to succeed.

GYMNASTICS & DANCE SOLO

Developing creativity, expression and performance through movement.

GYMNASTICS & DANCE DEVELOP...



EXPRESSION

Showing feelings and ideas through movement.



BALANCE

Maintaining control and stability.



RHYTHM

Moving with timing and musicality.



FLEXIBILITY

Moving the body in different ways.



CONFIDENCE

Believing in yourself and having a go.



CREATIVITY

Using imagination to create and explore.

THE SOLO PERFORMANCE PATHWAY



PRESTRUCTURAL

"I am beginning to move creatively."

- Watches and copies movements
- Beginning to balance and travel
- Needs support with sequences

UNISTRUCTURAL

"I can perform one movement."

- Performs simple actions independently
- Can balance or travel with control
- Beginning to remember sequences

MULTISTRUCTURAL

"I can combine movements together."

- Links movements into sequences
- Uses timing and coordination
- Performs with growing confidence



RELATIONAL

"I can apply movement creatively."

- Performs with fluency and expression
- Adapts movements for performance
- Demonstrates rhythm and control



EXTENDED ABSTRACT

"I can evaluate and refine performances."

- Evaluates performance quality
- Refines movements independently
- Creates and adapts sequences
- Supports and coaches others



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OUR MISSION

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SOLO IN ACTION



EYFS

Can you copy movements?



KS1

Can you perform a sequence?



LKS2

How can you improve fluency?



UKS2

How could you refine performance quality?

OUR PERFORMERS...



Create.

We use our imagination to make and invent movements.



Balance.

We develop strength and control in many positions.



Perform.

We put our skills together to share with others.



Express.

We show our feelings and ideas through movement.



Refine.

We evaluate and improve to be the best we can be.

ATHLETICS SOLO

Developing performance, resilience and personal achievement through athletics.



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ATHLETICS DEVELOP...

-  **SPEED**
Moving quickly with control.
-  **POWER**
Using strength to jump, throw and sprint.
-  **RESILIENCE**
Persevering and never giving up.
-  **PRECISION**
Showing accuracy in technique and skills.
-  **DETERMINATION**
Staying focused and striving to improve.
-  **PERSONAL BEST**
Challenging yourself to be the best you can be.

— THE SOLO ATHLETICS PATHWAY —



PRESTRUCTURAL

"I am beginning to perform athletic movements."

- Watches and copies movements
- Beginning to run, jump and throw
- Needs support with technique

UNISTRUCTURAL

"I can perform one athletic skill."

- Can sprint or jump independently
- Beginning to understand technique
- Can follow instructions

MULTISTRUCTURAL

"I can combine athletic skills."

- Combines running, jumping and throwing
- Measures and improves performance
- Uses growing coordination and control

RELATIONAL

"I can apply athletic techniques."

- Adjusts pace and power
- Applies skills in different events
- Demonstrates control and fluency
- Reflects on performance

EXTENDED ABSTRACT

"I can evaluate and refine athletic performance."

- Analyses performance outcomes
- Refines techniques independently
- Sets targets for improvement
- Supports and coaches others

SOLO IN ACTION

-  **EYFS**
Can you run and jump safely?
-  **KS1**
Can you improve your technique?
-  **LKS2**
How can you improve performance?
-  **UKS2**
How could you refine pace and power?

**OUR
ATHLETES...**



Run.

We run with purpose, pace and perseverance.



Jump.

We jump with power, control and confidence.



Compete.

We compete with respect, teamwork and determination.



Improve.

We reflect, learn and strive to be better every day.



Achieve.

We achieve our personal best and celebrate success.

REFLECTION & LEADERSHIP THROUGH PE

Developing reflective learners, confident leaders
and resilient teammates through physical education.



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LEADERSHIP DEVELOPS...



COMMUNICATION

Sharing ideas clearly
and listening to others.



TEAMWORK

Working together
to achieve goals.



CONFIDENCE

Believing in yourself and
supporting others.



REFLECTION

Thinking about your
learning and choices.



RESILIENCE

Overcoming challenges
and learning from them.



RESPECT

Valuing yourself and
everyone in your team.

— THE SOLO LEADERSHIP PATHWAY —



SOLO IN ACTION



EYFS

What did you enjoy?



KS1

What went well?



LKS2

How could you improve teamwork?



UKS2

How did leadership impact performance?

OUR LEADERS...



Reflect.

We think about our performance and learn from it.



Support.

We encourage and help each other to be our best.



Communicate.

We share ideas, listen and respect every voice.



Lead.

We take initiative and lead with confidence.



Inspire.

We motivate and inspire others to achieve greatness.

OUR ST STEPHEN'S **PE** LEARNER

Through PE, we develop confident, reflective and resilient learners who strive to be their very best.

THROUGH PE WE LEARN TO...

- THINK CRITICALLY**
We analyse, problem solve and make smart decisions.
- WORK TOGETHER**
We collaborate, share ideas and achieve more as a team.
- CHALLENGE OURSELVES**
We push our limits and strive to improve every day.
- SHOW RESILIENCE**
We bounce back, learn from setbacks and keep moving forward.
- COMMUNICATE CONFIDENTLY**
We express ideas clearly and listen to others.
- RESPECT OTHERS**
We value diversity, inclusivity and treat everyone fairly.

— THE ST STEPHEN'S PE LEARNER PROFILE —



We learn. We lead. We grow. Together.

OUR PE JOURNEY



OUR PE CURRICULUM CREATES...

- HEALTHY LEARNERS**
We understand the value of an active and healthy lifestyle.
- REFLECTIVE THINKERS**
We think deeply, learn from experience and keep improving.
- SUPPORTIVE TEAMMATES**
We collaborate, encourage and uplift one another.
- CONFIDENT PERFORMERS**
We perform with expression, skill and self-belief.
- RESILIENT ATHLETES**
We persevere, overcome challenges and keep striving.
- RESPECTFUL CITIZENS**
We show kindness, respect and make a positive difference.

"IT'S NOT ABOUT BEING THE BEST. IT'S ABOUT BEING YOUR BEST."
EVERY CHILD. ★ EVERY CHANCE. ★ EVERY DAY.

WE LIVE OUR CARES VALUES

- COMPASSION**
We care for ourselves and others.
- ASPIRATION**
We aim high and dream big.
- RESPECT**
We value and respect everyone.
- EXCELLENCE**
We give our best in all we do.
- SERVICE**
We make a positive difference together.

Together, we learn, we lead, we succeed.