Character Profile of a Radford Athlete in Year 4	Self Manager – organise and be responsible for their progress in PE and the equipment	Effective Participators – engage actively with all types of PE	Resourceful Thinker — find links and relationships between sports, apply imaginative thinking to create new sporting tasks
	I can describe my own strengths and weaknesses in PE I welcome opportunities to take on added responsibility in PE I can organise own time in PE	 I am determined not to 'give in' too easily in PE I can decide when they need 'time out' or 'thinking time' to deal with emotions in PE I can manage disappointments and keep emotions in check in PE 	 I can ask questions in PE to check understanding I can give alternative solutions or explanations in PE I am tenacious in PE when things ge difficult
Literate, Numerate and Digital - apply English, Maths and Computing in PE	Independent Enquirer – plan how to improve a game and use tactics	Team Worker – work collaboratively with others to improve performance in PE	Reflective Learner – Monitor their own and others' performance in PE and reflect o the strengths and areas to improve
I can read and follow instructions I can use number work and directions to help with my PE lessons I can use computing skills to record my work in PE	 In PE, I can break down complex ideas into steps. I can complete a task in PE without reminders from others 	 I can communicate capably as a team member in a joint PE activity. I can take on a specific allocated role in a team 	Reflective Thinking What was hard? What did 1 learn? What did 1 learn? I can review learning and identify a factor that could help make me a more effective learner in PE In PE, I value and use feedback that helps to improve the quality of my

• I can keep focused on a task and

avoid distractions in PE

work and learning