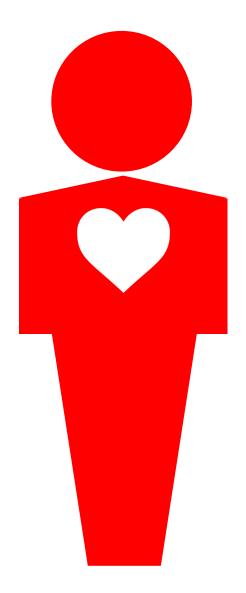
Heart



Heart

Commitment

Motivation

Respect

L.O.R.I.C

Effort

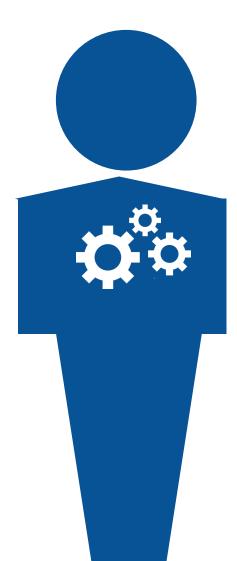
Confidence

	r consistently demonstrate respect of equipment and
\ \ !	I demonstrate leadership over a small group of peers, with s
	I demonstrate communication skills within discussions and a
i !	I often demonstrate respect for equipment and others
 	I can lead my own warm up, but lack confidence to lead
	Only sometimes do I demonstrate resilience and effort
	Only sometimes do I demonstrate respect for equipmen others
,	☐ ☐ I demonstrate limited communication and confidence
	I demonstrate limited resilience and effort

I demonstrate very little leadership within lessons

		7/	100%	Ш		Ш
		J	I have an exceptional range of effective communication skills and demonstrate these when leading large groups of performers			
			I demonstrate outstanding confidence , authority and respect when			
			I am hard working and helpful in lessons and after-school clubs			
			I demonstrate great leadership qualities and I am an active leader both in lessons and after-school clubs	4		
			I am a positive role model and my commitment and participation in school sport is inspiring to others			
			I demonstrate good leadership qualities both in lesson and at after- school clubs.			
	Q		I demonstrate respect, communication, empathy and patience			
	C		I am respected and respectful and I have developed working relationships with staff and students across the school			
			I am confident and competent when leading large groups of performers			
		_	I can effectively vary my methods of communication to different ages, abilities, experiences and situations			
			l often inspire others to participate and progress in sporting activity		•	
			With confidence and some success, I can lead a large group of people in a variety of roles; official, coach, teacher and/or captain			
			I demonstrate empathy and respect for my peers and can support and motivate them to better performance			
	C		I demonstrate a positive attitude towards new challenges			
			I demonstrate increased confidence and leadership qualities and ofter volunteer to lead large group warm ups or activities			
			I am hard working, resilient and eagerly accept challenges			
			I have developed respectful relationships with peers			
		1	I demonstrate greater confidence and effective communication within discussions and activities			
			I give 100% effort to every activity and am often resilient when faced with challenging tasks			
			I consistently demonstrate respect of equipment and others			
			l demonstrate leadership over a small group of peers, with some confidence			
			demonstrate communication skills within discussions and activities		J	
		<u> </u>	often demonstrate respect for equipment and others			
	G		I can lead my own warm up, but lack confidence to lead others			
			Only sometimes do I demonstrate resilience and effort			
			Only sometimes do I demonstrate respect for equipment and others			
			I demonstrate limited communication and confidence			
_			I domenative to limited recilioned and affect			

Head



	1 (I have an extensive knowledge and understanding of the components of fitness, fitness tests, principle of training and effects of exercise. This knowledge allows me to take greater responsibility in leading and planning safe, appropriate sessions that develop my own and my peer's fitness levels and skills		
		have knowledge of different training methods and I can plan and tailor training programs to performer's specific sports and individual needs.		
		Through analysis, I can accurately monitor performer's progress		
		can take full responsibility for the planning and execution of safe enjoya- ole and for developments sporting events and festivals		
	Q	I can accurately explain the advantages, to myself and others, of following active and healthy lifestyles on physical, mental and social wellbeing		
	C	I can complete, lead and analyse performance in order to plan activities and sessions to improve skills, techniques and/or fitness levels		
		I can take full responsibility for the planning and execution of activities and my planning shows evidence and understanding of SPORT FITT		7
\supset		I am able to analyse my own practical performance and use my knowledge and understanding of the components of fitness to improve I can accurately explain the short-term and long-term effects of exercise		
_		 Todal according supplies the crief term and long term eneces of successions		
		I have an extensive knowledge of rules and tactics and I take responsibility for improving my peer's and team's performance		
	C	I can identify and describe many of the short-term and long-term effects of exercise my physical, mental and social wellbeing		
		I have an understanding of, and can accurately describe how the body adapts and benefits from regular exercise		
		I can take responsibility for planning and leading a safe class warm up	0	
		I have an extensive knowledge of skills and techniques and improves my own and other's practical performance		
		I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for a group warm-up		
(4	I have knowledge of techniques which helps me to improve my own performance and feedback to others about their performance		
		I can identify and describe tactics in some sporting activities		
		can identify most major muscles and activities that should be in a warm up, I take responsibility of a warm up for a small group of peers		
		can describe and explain some of the skills and rules in some sports	5	
		have an understanding of techniques and this helps me to analyse and mprove my own performance		
		I can identify some activities and locate some muscles in a warm up, I		
		start to take responsibility for my own warm up.		

Head

Knowledge

Leadership

Analysis

Tactics

Decision Making

Rules

		I can identify most major muscles and activities that should be in a warm
	_	up, I take responsibility of a warm up for a small group of peers
_		_

I have some understanding of techniques and I start to reflect my own performance.

$\overline{}$	1)	I can identify some of the basic skills in some sports
	,		, ,

I have some understanding of techniques

I can identify some activities that should be in a warm up

I am yet to take responsibility of a warm up



I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriate skills and techniques in exceptionally Hands complex and challenging activities. I can complete a thirty minute cardiovascular exercise

1	_	_	_
	11		
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	$\overline{}$	$\overline{}$	

	I can demonstrate, with consistent precision, control and fluency, are extensive range of appropriate skills and techniques in very challenging activities.
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I can complete a twenty minutes cardiovascular exercise

	9
N	

I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities.

I consistently make effective decisions and apply a large range of ideas, solutions and tactics in challenging activities.

I can complete a fifteen minute cardiovascular exercise



I can demonstrate, with consistent accuracy and success, a good

range of appropriate, skills and techniques in challenging activities.

I can make effective decisions and apply a large range of ideas and tactics in challenging activities.



I can complete a ten minute cardiovascular exercise

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I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities.

I can apply complex ideas and tackles to activities and games.

can complete a seven minute cardiovascular exercise			
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7	I can demonstrate, with some accuracy and success, skills and
 _	techniques across a variety of sports in competitive activities

n apply tactics to competitive activities with success	
n complete a five minute cardiovascular exercise	

Further Steps to Success

1	

I can demonstrate, with some accuracy and success, skills and techniques across a variety of activities in pressured practice

I can apply tactics across a variety of activities with some success

I can complete a four minute cardiovascular exercise

\Box	\Box	

Hands

Skill Development

Fitness Levels

Competitive

Technique

Skill Application

Problem Solving

I can demonstrate, with some accuracy and success, skills and techniques across a variety activities in moderately-pressured practice. I can apply tactics with some success

I can complete a three minute cardiovascular exercise

I can demonstrate with some accuracy and success basic skills and techniques in passive practice I can apply basic tactics in passive practice

I can complete a two minute cardiovascular exercise

I can demonstrate some basic skills and techniques in isolated practice

