

Heart



Heart

Commitment
Motivation
Respect
L.O.R.I.C
Effort
Confidence

<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">10</div>	<p>I embrace challenge, am resilient to setbacks and always give 100% <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I have an exceptional range of effective communication skills and demonstrate these when leading large groups of performers <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate outstanding confidence, authority and respect when <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">9</div>	<p>I am hard working and helpful in lessons and after-school clubs <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate great leadership qualities and I am an active leader both in lessons and after-school clubs <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I am a positive role model and my commitment and participation in school sport is inspiring to others <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">8</div>	<p>I demonstrate good leadership qualities both in lesson and at after-school clubs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate respect, communication, empathy and patience <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I am respected and respectful and I have developed working relationships with staff and students across the school <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">7</div>	<p>I am confident and competent when leading large groups of performers <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I can effectively vary my methods of communication to different ages, abilities, experiences and situations <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I often inspire others to participate and progress in sporting activity <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">6</div>	<p>With confidence and some success, I can lead a large group of people in a variety of roles; official, coach, teacher and/or captain <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate empathy and respect for my peers and can support and motivate them to better performance <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate a positive attitude towards new challenges <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">5</div>	<p>I demonstrate increased confidence and leadership qualities and often volunteer to lead large group warm ups or activities <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I am hard working, resilient and eagerly accept challenges <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I have developed respectful relationships with peers <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">4</div>	<p>I demonstrate greater confidence and effective communication within discussions and activities <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I give 100% effort to every activity and am often resilient when faced with challenging tasks <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I consistently demonstrate respect of equipment and others <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">3</div>	<p>I demonstrate leadership over a small group of peers, with some confidence <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate communication skills within discussions and activities <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I often demonstrate respect for equipment and others <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">2</div>	<p>I can lead my own warm up, but lack confidence to lead others <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Only sometimes do I demonstrate resilience and effort <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Only sometimes do I demonstrate respect for equipment and others <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold;">1</div>	<p>I demonstrate limited communication and confidence <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate limited resilience and effort <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>I demonstrate very little leadership within lessons <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	

Head



Head

Knowledge

Leadership

Analysis

Tactics

Decision Making

Rules

10	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	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I have knowledge of different training methods and I can plan and tailor training programs to performer's specific sports and individual needs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Through analysis, I can accurately monitor performer's progress <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can take full responsibility for the planning and execution of safe enjoyable and for developments sporting events and festivals	9
8	I can accurately explain the advantages, to myself and others, of following active and healthy lifestyles on physical, mental and social wellbeing I can complete, lead and analyse performance in order to plan activities and sessions to improve skills, techniques and/or fitness levels	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can take full responsibility for the planning and execution of activities and my planning shows evidence and understanding of SPORT FITT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I am able to analyse my own practical performance and use my knowledge and understanding of the components of fitness to improve <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can accurately explain the short-term and long-term effects of exercise	7
6	I have an extensive knowledge of rules and tactics and I take responsibility for improving my peer's and team's performance I can identify and describe many of the short-term and long-term effects of exercise my physical, mental and social wellbeing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I have an understanding of, and can accurately describe how the body adapts and benefits from regular exercise <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can take responsibility for planning and leading a safe class warm up <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I have an extensive knowledge of skills and techniques and improves my own and other's practical performance	5
4	I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for a group warm-up 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	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 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 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can describe and explain some of the skills and rules in some sports <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I have an understanding of techniques and this helps me to analyse and improve my own performance	3
2	I can identify some activities and locate some muscles in a warm up, I start to take responsibility for my own warm up. I can identify and describe some of the skills and rules in some sports. I have some understanding of techniques and I start to reflect my own performance.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can identify some of the basic skills in some sports <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I have some understanding of techniques <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I can identify some activities that should be in a warm up <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> I am yet to take responsibility of a warm up	1

Hands 10



10

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

I can complete a thirty minute cardiovascular exercise

9

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

I can complete a twenty minutes cardiovascular exercise

8

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

7

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

6

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.

I can complete a seven minute cardiovascular exercise

5

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

I can apply tactics to competitive activities with success

I can complete a five minute cardiovascular exercise

4

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

3

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

2

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

1

I can demonstrate some basic skills and techniques in isolated practice

I can follow other's tactical instructions in isolated practice

- Hands**
- Skill Development
 - Fitness Levels
 - Competitive
 - Technique
 - Skill Application
 - Problem Solving