

Assessment area	Developing	Secure	Excellent
<p><b>COGNITIVE SKILLS;</b> Problem solving, ideas generating, analytical making capacity, decision making capabilities</p>	<ul style="list-style-type: none"> <li>• Can understand some simple tactics such as attacking and defending</li> <li>• Can usually select and apply appropriate skills to the task</li> <li>• Can explain what the task involves and why</li> <li>• Can identify some areas for improvement</li> </ul>	<ul style="list-style-type: none"> <li>• Understand ways to judge performance</li> <li>• Can identify specific parts of performance to work upon</li> <li>• Can use awareness of space &amp; others to make good decisions</li> <li>• Can at times change things to make activities more fun or challenging.</li> </ul>	<ul style="list-style-type: none"> <li>• Can set own criteria to judge performance using specific vocabulary</li> <li>• Often have an idea of how to develop own &amp; others work</li> <li>• Frequently recognise &amp; suggest patterns of play which will increase chances of success</li> <li>• Usually adapt &amp; adjust skills, movements or tactics so they are different from others</li> </ul>
<p><b>PHYSICAL COMPETENCE;</b> Physical literacy, sports specific competence, trainability, physical performance</p>	<ul style="list-style-type: none"> <li>• Perform and repeat sequences with clear shapes and some controlled movement</li> <li>• Sometimes perform movements with good body tension</li> <li>• Complete the set task showing reasonable competence and accuracy</li> <li>• Perform some skills with control and consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Link actions together so they flow &amp; develop longer sequences</li> <li>• Perform movements with good body tension</li> <li>• Often perform a range of skills with good control &amp; consistency</li> <li>• Complete the set task showing competence and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a variety of skills fluently and accurately in practice situations</li> <li>• Use a combination of skills confidently</li> </ul>

<p><b>PERSONAL AND SOCIAL SKILLS;</b></p> <p>Self-awareness and responsibility, Determination and resilience, communication, empathy and social awareness, leadership and influence, collaboration, aspiration, integrity and self-respect.</p>	<ul style="list-style-type: none"> <li>• Can concentrate on a task alone and begin to challenge oneself</li> <li>• Can show patience and support others.</li> <li>• Work well and play fairly with a partner/small group &amp; acknowledge winning and losing</li> <li>• Can give helpful feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Often persevere with a task &amp; improve performance through practice</li> <li>• Often recognise strengths &amp; weaknesses &amp; can set targets</li> <li>• At times help a partner/team/group make decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Be self-motivated, committed to practice &amp; show a clear desire to improve</li> <li>• See new activities as a challenge &amp; not a threat</li> <li>• Make changes once own or others performance has been evaluated</li> </ul>
<p><b>CREATIVE SKILLS;</b></p> <p>Recognise and respond to different stimuli, refine and change ideas, adapt and improvise</p>	<ul style="list-style-type: none"> <li>• Sometimes respond differently to a variety of tasks or music.</li> <li>• Often devise own rules and versions of activities</li> <li>• Usually recognise similarities &amp; differences in movements</li> </ul>	<ul style="list-style-type: none"> <li>• Performance reflects the rhythm &amp; mood of the stimulus</li> <li>• Link actions &amp; develop sequences that express ideas</li> <li>• Change things to make activities more fun or challenging</li> <li>• Choreograph a routine or sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Can respond imaginatively to different situations</li> <li>• Can create sequences that communicate with the audience</li> <li>• Can adapt or adjust skills, movements or tactics so they are different from others.</li> </ul>
<p><b>HEALTH RELATED FITNESS;</b></p> <p>Understanding my body during exercise, activity specific fitness, planning fitness programmes</p>	<ul style="list-style-type: none"> <li>• Describe how the body changes before &amp; after exercise</li> <li>• Usually consider the groups safety when using equipment</li> <li>• Explain why we need to warm up &amp; cool down</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate warm up and cool down activities</li> <li>• Explain why regular safe exercise is good for long term health &amp; fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Know how often &amp; for how long you should exercise to be healthy</li> <li>• Know how to record &amp; monitor how hard you are working including taking own pulse</li> <li>• Describe basic fitness components</li> </ul>