

Grade	Skill Area 1 Skill Technique and Communication	Skill Area 2 Health and Fitness	Skill Area 3 Analysis of Performance
	Applying skills, techniques and the ability to communicate.	Understanding the benefits of health through regular exercise. To be able to safely perform a variety of training.	Evaluate performance and effectively feedback, understanding of rules tactics and strategies in performance.
5	<p>Perform and apply a vast range of appropriate skills, techniques and ideas, showing accuracy, fluency and control.</p> <p>Make decisions to address solutions to performances in a challenging environment.</p> <p>Use communication to organise and communicate effectively in a range of activities.</p>	<p>Can describe short and long term effects of exercise.</p> <p>Performs 1 or more fitness test to a high level.</p> <p>Understands the difference between aerobic and anaerobic training.</p> <p>Performs circuit with increasing strength and technique.</p>	<p>Can effectively analyse performance and accurately explain the impact that technique is having on the outcomes.</p> <p>Offers good refinements to general and fine technical elements of performance.</p> <p>Can identify the most significant areas of improvement and explains corrections in detail.</p> <p>Understands a variety of tactics and strategies in performances.</p> <p>Can effectively suggest tactical changes.</p>
4	<p>Perform and apply a good range of appropriate skills, techniques and ideas in some challenging and competitive activities, showing accuracy, fluency and control.</p> <p>Make decisions about how to plan and approach performance, enabling them to respond to new or changing environment.</p>	<p>Can explain training for Cardiovascular system and benefits of Cardiovascular training to a performer.</p> <p>Performs training methods (circuit training with good level of technique and intensity).</p> <p>Performs 1 or more fitness test to a good level.</p>	<p>Can effectively analyse and comment on their own and others performances displaying good knowledge of the desired outcome.</p> <p>Can offer some detailed improvements to positively affect performance.</p> <p>Begin to suggest plans and practices that would improve quality of individual or teams performance.</p> <p>Good understanding of the rules and when to apply them.</p>
3	<p>Perform appropriate skills and techniques, with increased accuracy, fluency and control in a range of competitive sporting situations</p> <p>Make decisions about how to plan and approach a performance in a closed environment.</p>	<p>Can explain basic workings of CV system.</p> <p>Performs circuit training independently with good level of technique or intensity.</p> <p>Can lead small group warm up.</p>	<p>Can accurately highlight key strengths and weaknesses of performer using correct terminology.</p> <p>Has some understanding of the perfect model to compare performance to.</p> <p>Can identify team's basic tactics and identify weaknesses to exploit.</p> <p>Can explain roles and responsibilities and positions / positional play.</p>
2	<p>Perform appropriate skills and techniques, with accuracy, fluency and control in some competitive sporting situations.</p> <p>Make decisions and show a developed understanding of spatial awareness.</p> <p>Use communication to promote and incorporate ideas through team work.</p>	<p>Can lead small group in part of warm up.</p> <p>Can name some of main muscle groups.</p> <p>Can exercise 4-5 mins. without stopping.</p> <p>Can carry out simple training session in fitness room.</p> <p>Understands circuit design.</p>	<p>Can identify strengths and weaknesses of their own and others performance and begin to use correct terminology.</p> <p>Can explain some simple factors which may affect performance.</p> <p>Can identify and suggest simple changes and refinements that would improve performances.</p> <p>Can explain why simple officiating decisions are made.</p> <p>Can explain some simple tactics of an individual / team game.</p>

<p>1</p>	<p>Perform a range of skills and techniques, showing an increase in accuracy, fluency and control in sporting situations.</p> <p>Make decisions and show an understanding of simple tactics in games play.</p> <p>Use communication to promote and incorporate ideas through team work.</p>	<p>Can perform teacher led warm up independently.</p> <p>Can describe some benefits of exercise.</p> <p>Can perform circuit with occasional help from teacher/other students.</p>	<p>Provides basic assessment of their own and others performance.</p> <p>Accurately identify major strengths and weaknesses.</p> <p>Can suggest some general ways to improve performance but lacks technical understanding.</p> <p>Can comment on some of the roles and responsibilities of positions, but lacking in detail.</p>
<p>Gold</p>	<p>Perform some skills and techniques with some accuracy and control in some challenging activities.</p> <p>Make simple decisions in a practice and game environment.</p> <p>Use communication in a controlled environment.</p>	<p>Can exercise for 2-3 minutes without stopping.</p> <p>Can describe one effect of exercise on the body.</p> <p>Can use resistance machines or perform a teacher led warm up with some individual guidance.</p>	<p>Can assess own and others performance identifying stand out strengths and weaknesses but may not be accurate.</p> <p>Can assess basic techniques in performance using simple statements.</p> <p>Rarely suggests some ways to improve performance.</p> <p>Understand there are positions & roles in sports activities / games.</p>
<p>Silver</p>	<p>Perform some skills and techniques, with limited control.</p> <p>Make simple decisions in a practice environment.</p> <p>Use communication in a sporting context.</p>	<p>Can describe in simple terms one effect of exercise on the body.</p> <p>Can perform part of warm up with assistance.</p> <p>Can safely use CV machines.</p>	<p>Can identify a few strengths and weaknesses of performance using very simple statements.</p> <p>Understands a few key rules but unable to apply them in practice or game environment.</p> <p>Makes basic comments when evaluating performance.</p>
<p>Bronze</p>	<p>Perform some basic skills with limited technique.</p> <p>Make some decisions in a controlled environment.</p> <p>Make some communication but not necessarily with the correct sporting language.</p>	<p>Can identify one term related to an effect of exercise on the body.</p> <p>With guidance, can perform a warm up with assistance.</p>	<p>With guidance, can identify one strength and one weakness.</p> <p>Has some knowledge regarding basic rules.</p> <p>With guidance, can use basic comments to evaluate a performance.</p>