

- You know where you are
- You know where you want to be
- You know how to get there

Awareness



Grade 1

- I can warm up and cool down correctly and explain why it is important to do this.
- I can recognise a good performer and some give reasons why they are successful.
- I can identify some skills, techniques and rules associated with the specific activity.

Grade 2

- I can explain why it is important to warm up and cool down correctly.
- I can make some suggestions to improve my own.
- I can identify some tactics that may be used in a game

Grade 3

- I can describe tactics used in some sports and begin to apply these.
- I can identify some components of fitness and briefly explain how they are used in specific sports.
- I can analyse my own and others performance and provide brief feedback to improve performance.
- I can display sound levels of originality and creativity.
- I can use some sport-specific vocabulary to provide feedback.
- I can explain some of the skills, techniques and rules of the sport.

Exceptional Performer

- I can lead a successful warm up and include different elements such as pulse raiser, dynamic and static stretches.
- I can apply tactics successfully to a game scenario.
- I can describe the components of fitness and how they are used in different sports.
- I can display good levels of creativity and originality.
- Critically analyse and develop targets to improve my own and others performance.
- I consistently use some sport-specific vocabulary to provide feedback.
- I can explain the skills, techniques and rules of the sport in detail.

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Grade 4

- I can lead a successful warm up and include different elements such as pulse raiser, dynamic and static stretches to a small group.
- I can apply tactics successfully to a game scenario.
- I can describe the components of fitness and how they are used in different sports.
- I can display good levels of creativity and originality.
- Critically analyse and develop targets to improve my own and others performance.
- I consistently use some sport-specific vocabulary to provide feedback.
- I can explain the skills, techniques and rules of the sport in detail.

Exceptional Performer

- I can lead a whole class sport specific warm up or take on a leading role confidently and successfully.
- I can quickly adapt, apply and suggest different tactics to use based on scenarios happening in a game.
- I can explain components of fitness and link them to a specific sport.
- I can successfully take on different roles within an activity and monitor how performance can be improved and act on decisions to bring about improvement.
- I can explain the immediate effects exercise has on my body.
- I can show some understanding of how to improve my health and fitness.

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Exceptional Performer

- I can lead an activity in lesson to a small group based on skills, techniques or tactical awareness.
- I can analyse performance and give in depth SMART targets to help myself or a performer improve.
- I can analyse the short and long term effects of exercise and understand how to improve my health and fitness levels.
- I can evaluate and justify different training methods for performers sporting needs and link these to components of fitness.
- I consistently take action to improve my health and wellbeing through leading a healthy and active lifestyle.