










9	Fluency: 'Linking skills and movements together to gain a competitive advantage within a sporting situation.'		
	Head 	Heart 	Hands 
	Rules Strategies and Tactics <ul style="list-style-type: none"> - Knowledge and understanding - Analysis and Evaluation - Decision making and problem solving 	Healthy Participation <ul style="list-style-type: none"> - Leadership - Commitment/Motivation - Team Work and communication 	Motor Competence <ul style="list-style-type: none"> - Skill development - Application of skill - Fitness Levels
Transfer	<p>I can explain the main teaching points of the skills, techniques and tactics involved in a wide range of sports in detail.</p> <p>I can analyse and evaluate performance and justify recommendations to improve in a range of sports.</p> <p>I always apply the rules, tactics or strategies with creativity, leading to an effective performance in a range of sports.</p>	<p>I am able to design and lead an activity independently, across a range of sports.</p> <p>I consistently demonstrate high levels of motivation and commitment in P.E and Sport.</p> <p>I always demonstrate a positive attitude towards others and communicate effectively.</p>	<p>I am able to demonstrate a consistent level of fluency in a wide range of skills and sports.</p> <p>I always select and apply the correct skill with fluency to perform successfully.</p> <p>I consistently demonstrate high levels of fitness to perform very effectively.</p>
Deep	<p>I can describe the main teaching points of the skills, techniques and tactics involved in the sports I have covered in detail.</p> <p>I can analyse and evaluate performance, and make recommendations to improve.</p> <p>I can apply the rules, tactics or strategies with some creativity in an activity successfully.</p>	<p>I am able to lead an activity with a partner to a group.</p> <p>I can demonstrate good levels of motivation and commitment in P.E and Sport.</p> <p>I can demonstrate a positive attitude towards others and communicate effectively.</p>	<p>I am able to demonstrate a good level of fluency in some skills.</p> <p>I can select and apply the correct skill with fluency to perform successfully.</p> <p>I consistently demonstrate good levels of fitness to meet the demands of the sport.</p>
Surface	<p>I can identify some of the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can analyse and evaluate my own performance with support to identify what I have done well and what I need to improve on in my own performance.</p> <p>I can sometimes apply the correct rules, tactics or strategies in an activity.</p>	<p>I am able to lead an activity with the support of a teacher.</p> <p>I can demonstrate satisfactory levels of motivation and commitment in P.E and Sport.</p> <p>I can work well with others.</p>	<p>I am able to demonstrate a satisfactory level of fluency in some skills.</p> <p>I can sometimes select and apply the correct skill with some fluency.</p> <p>I demonstrate basic levels of fitness.</p>

∞	Precision: 'Perform the components of skills and refine the techniques for accuracy.'		
	Head 	Heart 	Hands 
	Rules Strategies and Tactics <ul style="list-style-type: none"> - Knowledge and understanding - Analysis and Evaluation - Decision making and problem solving 	Healthy Participation <ul style="list-style-type: none"> - Leadership - Resilience - Team Work and communication 	Motor Competence <ul style="list-style-type: none"> - Skill development - Application of skill - Fitness Levels
Transfer	<p>I can explain the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can evaluate performance and justify recommendations to improve in a range of sports.</p> <p>I can always apply the rules, tactics or strategies, to lead to an effective performance in a range of sports.</p>	<p>I am able to lead a skill practice independently, across a range of sports.</p> <p>I consistently demonstrate high levels of Resilience in P.E and Sport.</p> <p>I can demonstrate a positive attitude towards others and communicate effectively.</p>	<p>I am able to demonstrate a consistent level of precision in a wide range of skills and sports.</p> <p>I always select and apply the correct skill with precision to perform successfully.</p> <p>I consistently demonstrate high levels of fitness to perform very effectively.</p>
Deep	<p>I can describe the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can evaluate performance and make recommendations to improve.</p> <p>I can apply the rules, tactics or strategies in a game successfully.</p>	<p>I am able to lead a skill practice with a partner to a small group.</p> <p>I can demonstrate good levels of resilience in P.E and Sport.</p> <p>I can work well with others through good communication.</p>	<p>I am able to demonstrate a good level of precision in some skills.</p> <p>I can select and apply the correct skill with precision to perform successfully.</p> <p>I consistently demonstrate good levels of fitness to meet the demands of the sport.</p>
Surface	<p>I can identify some of the main teaching points of the skills, techniques and tactics involved in the activity I have covered.</p> <p>I can evaluate my own performance with support, and identify what I have done well and what I need to improve in my own performance.</p> <p>I can sometimes apply the correct rules, tactics or strategies in an activity.</p>	<p>I am able to lead a skill practice with the support of a teacher to a small group.</p> <p>I can demonstrate satisfactory levels of Resilience in P.E and Sport.</p> <p>I can often work well with others.</p>	<p>I am able to demonstrate a satisfactory level of precision in some skills.</p> <p>I can sometimes select and apply the correct skill with some precision.</p> <p>I demonstrate basic levels of fitness.</p>

7	Control: 'Understand the components of skills and be able to perform the techniques effectively.'		
	Head 	Heart 	Hands 
	Rules Strategies and Tactics <ul style="list-style-type: none"> - Knowledge and understanding - Analysis and Evaluation - Decision making and problem solving 	Healthy Participation <ul style="list-style-type: none"> - Leadership - Emotions and behaviours - Team Work and communication 	Motor Competence <ul style="list-style-type: none"> - Skill development - Application of skill - Fitness Levels
Transfer	<p>I can explain the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can evaluate performance and give recommendations to improve in a range of sports.</p> <p>I can apply the rules, tactics or strategies in an activity successfully across a range of activities.</p>	<p>I am able to lead a warm up independently, across a range of sports.</p> <p>I consistently respond to the demands of various activities and control my emotions to be successful in my performance.</p> <p>I can demonstrate a positive attitude towards others and communicate effectively.</p>	<p>I am able to demonstrate a consistent level of control in a wide range of skills and sports.</p> <p>I always select and apply the correct skill with control to perform successfully.</p> <p>I consistently demonstrate good levels of fitness to perform effectively.</p>
Deep	<p>I can describe the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can describe strengths and weaknesses in a performance.</p> <p>I can sometimes apply the correct rules, tactics or strategies in an activity.</p>	<p>I am able to lead a warm up with a partner to a small group.</p> <p>I can respond to the demands of the activity and control my emotions to be successful in my performance.</p> <p>I can work well with others through good communication.</p>	<p>I am able to demonstrate a good level of control in some skills.</p> <p>I can select and apply the correct skill with control to perform successfully.</p> <p>I consistently demonstrate levels of fitness to meet the demands of the activity.</p>
Surface	<p>I can identify some of the main teaching points of the skills, techniques and tactics involved in the sports I have covered.</p> <p>I can identify strengths and weaknesses in a performance.</p> <p>I can identify some rules, tactics or strategies in the activity I am doing.</p>	<p>I am able to lead a warm up with the support of a teacher to a small group.</p> <p>I can respond to the demands of the activity and control my emotions in my performance.</p> <p>I can often work well with others.</p>	<p>Be able to demonstrate a satisfactory level of control in some skills.</p> <p>I can sometimes select and apply the correct skill with some control.</p> <p>I demonstrate basic levels of fitness.</p>

