

Level	Performance	Knowledge	Decision making	Leadership
1 High	<ul style="list-style-type: none"> • Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively nearly all the time. • Plays/performs to a high level with an outside club • Outstanding technique in basic skills • Many advanced skills secure and can be shown when under pressure • Advanced choreographic and performance skills in aesthetic activities • Tries again in the face of failure 	<ul style="list-style-type: none"> • Demonstrates excellent awareness of the rules/regulations of the activity during performance • Explain the rules & regulations • Explain the roles of different positions and the tactics they use • Explain the components of fitness and give sporting examples for each • Explain some of the physiological changes to the body during exercise • Asks pertinent questions & answers questions using advanced terminology 	<ul style="list-style-type: none"> • Successfully selects and uses appropriate skills on nearly all occasions • Applies appropriate team strategies/tactics/compositional ideas demonstrating an excellent understanding of the activity • Communication with other player(s)/performer(s) is excellent. • Decisions affect individual, team & opponents' performance • Decisions are made autonomously and using advanced tactics 	<ul style="list-style-type: none"> • Will confidently lead a small group activity or a whole class warm up. • Demonstrates excellent awareness of and response to the strengths, weaknesses, and actions of other player(s)/performer(s) • Provides specific advice on how to improve • Can communicate clearly • Mindset positively motivates peers learning behaviours
2 Secure	<ul style="list-style-type: none"> • Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively some of the time. • Good technique in basic skills • Advanced skills being introduced with some performed effectively • Effective in small sided games • Developing choreographic and performance skills • Tries again in the face of failure 	<ul style="list-style-type: none"> • Demonstrates very good awareness of the rules/regulations of the activity during performance • Understand the role of some positions and tactics associated with them • Identify some of the physiological changes to the body during exercise • Identify some components of fitness and give a sporting example • Is confident to ask and answer relevant questions 	<ul style="list-style-type: none"> • Successfully selects and uses appropriate skills on many occasions • Applies appropriate team strategies/tactics/compositional ideas demonstrating a very good understanding of the activity • Communication with other player(s)/performer(s) is very good • Decisions influence individual & team situations • Gives others feedback on their decision making 	<ul style="list-style-type: none"> • Will lead a small group activity or a whole class warm up. • Demonstrates very good awareness of and response to the strengths, weaknesses, and actions of other player(s)/performer(s) • Communicate effectively • Mindset positively influences peers learning behaviours

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3 Improving	<ul style="list-style-type: none"> • Demonstrates appropriate levels of physical fitness and psychological control to perform effectively. • Demonstrates improving technique in the basic skills • Inconsistent skills shown when under pressure in small sided games • Some choreographic and performance skills • Willing to try again in the face of failure 	<ul style="list-style-type: none"> • Demonstrates good awareness of the rules/regulations of the activity during performance • Understand the role of their chosen position and the basic tactics used. • Understand there are physiological changes to the body during exercise • Attempts to ask and answer questions 	<ul style="list-style-type: none"> • Successfully selects and uses appropriate skills on some occasions • Applies appropriate team strategies/tactics/compositional ideas demonstrating a good understanding of the activity • Communication with other player(s)/performer(s) is good • Knows how & why you respond in certain situations • Make simple decisions in a small game 	<ul style="list-style-type: none"> • Can lead a warm up for a small group. • Demonstrates good awareness of and response to the strengths, weaknesses, and actions of other player(s)/performer(s) • Demonstrates basic communication skills • Encourages others in their performance
4 Fundamental	<ul style="list-style-type: none"> • Demonstrates sufficient physical fitness and psychological control to perform with some effectiveness. • Minimal experience in this sport • Performs basic skills with limited technique • Minimal choreographic ideas and performance skills • Finds some aspects of the sport challenging 	<ul style="list-style-type: none"> • Demonstrates some awareness of the rules/regulations of the activity during performance • Identify some of the playing positions • Understand basic tactics but does not always remember to use them in a game situation • Identify there are simple physiological changes to the body during exercise 	<ul style="list-style-type: none"> • Selects and uses appropriate skills on some occasions • Sometimes applies team strategies/tactics/compositional ideas demonstrating some understanding of the activity • Communication with other player(s)/performer(s) is limited • Reacts to situations with some basic thought & movement • Make simple decisions in a drill & controlled practice situation • Decision making takes time 	<ul style="list-style-type: none"> • Can lead a warm up with a partner for a small group • Demonstrates limited awareness of and response to the strengths, weaknesses, and actions of other player(s)/performer(s) • Sometimes needs support to give feedback
5 Limited	<ul style="list-style-type: none"> • Demonstrates limited physical fitness and psychological control during performance. • Limited experience in this sport • Little technique in basic skills • Limited choreographic or performance skills • Find this sport challenging 	<ul style="list-style-type: none"> • Demonstrates limited awareness of the rules/regulations of the activity during performance • Identify a position or tactic of the sport • Understand the importance of exercise in leading a healthy active lifestyle 	<ul style="list-style-type: none"> • Selects and uses appropriate skills on few occasions. • Rarely applies team strategies/tactics/compositional ideas demonstrating little understanding of the activity • Rarely communicates with other player(s)/performer(s) • Can make simple decisions in a closed drill situation • Let's others make most decisions for them 	<ul style="list-style-type: none"> • Is happy being led by others • Can comment on a skill or performance as 'good' or 'needing improvement' • Needs additional help to give feedback