

## Heart: Effort, Resilience, Respect, Motivation, Commitment

<b>1-2 Bronze</b>	<p>I make limited effort in the curriculum activities I like, although this is inconsistent across the range undertaken. I have shown little interest in extracurricular sport and on occasion applied some effort in curriculum activities.</p> <p>I show signs of giving up when faced with difficult or challenging situations in many sporting activities. I need to be willing to take failure more positively, understanding that failure is the first steps to success.</p> <p>I am aware of the school's motto of pause and respect for everyone but need to ensure I apply this consistently across all practical activities. I have to be reminded to transport equipment and handle it with care on occasion.</p> <p>I demonstrate little motivation to succeed in practical activities. On occasion I have shown some determination in activities I like.</p> <p>I have shown little interest in extracurricular sport this year. My participation and kit record has room for improvement.</p>
<b>3-4 Silver</b>	<p>I apply a satisfactory level of effort in most aspects of the Physical Education curriculum. I have shown some interest in extracurricular sport activities I like, although this has been inconsistent across the year.</p> <p>I am starting to show signs of resilience when faced with a difficult or challenging situation in many sporting activities. I am beginning to understand how to take failure more positively, understanding that failure is the first steps to success.</p> <p>I am fully aware of the school's motto of pause and respect for everyone, I am applying this to some but not all curriculum activities. I rarely offer to transport equipment and handle it with care.</p> <p>I am motivated to succeed in practical activities that I enjoy. This needs to be transferred to all aspects of the curriculum.</p> <p>I have shown some interest in extra-curricular sport this year. My participation and kit record is satisfactory but can improve.</p>
<b>5-6 Gold</b>	<p>I demonstrate a good level of effort in all aspects of curriculum and the extra-curricular activities that I attend. On occasion, I have demonstrated outstanding work ethic and determination in the activities I like the best. I am starting to develop my empathy towards my class peers by supporting others. I should aim to be more consistent with this across all practical activities.</p> <p>I work hard to demonstrate a resilient approach to my progress through challenging practical activities. I am beginning to understand how to take feedback more positively, understanding that failure is the first steps to achieving sustained success.</p> <p>I am aware and understand of the school's motto of pause and respect for everyone, I remain respectful to my class peers and teachers the majority of the time. I could look to demonstrate a respectful attitude to officials in the future. On occasion I offer to transport equipment between lessons and handle it with care.</p> <p>I am motivated to succeed in most practical subjects. However, this needs to be transferred to all aspects of the curriculum and alternative extra-curricular activities.</p> <p>I have shown lots of interest in extra-curricular sport this year. My participation and kit record is consistently good.</p>
<b>7-8 Platinum</b>	<p>I consistently strive to apply maximum effort in all curriculum and extra-curricular activities regardless of their nature. I act as a role model to my class peers, representing a determination to succeed. I demonstrate empathy towards my class peers, providing support and encouragement to others, regardless of their ability.</p> <p>I understand that success takes hard work and time to achieve. I strive to take setbacks and failures maturely, using my experiences and feedback to progress in all activities.</p> <p>I demonstrate the school's motto of care and respect for everyone in most practical activities I undertake. I embrace diversity in PE, encouraging others to participate in extracurricular activities. I mostly support the teachers or coaches in handling equipment at the start and conclusion of the activity.</p> <p>I maintain and demonstrate high levels of motivation in a wide range of curriculum and extra-curricular sporting activities.</p> <p>I am enjoy representing my school in many extra-curricular sporting activities. I remain committed to being the best version of myself and maintain a high participation and attendance record.</p>
<b>9 Diamond</b>	<p>I consistently apply maximum effort in all curriculum and extra-curricular activities regardless of their nature. I act as a role model to my class peers, demonstrating a determination to succeed in all practical activities. I demonstrate a high degree of empathy towards my class peers, providing support and encouragement to others, regardless of their ability.</p> <p>I understand and demonstrate that success takes hard work and time to achieve. I take setbacks and failures maturely, using my experiences, feedback and attitude to demonstrate progression in all activities.</p> <p>I consistently demonstrate the school's motto of care and respect for everyone in all practical activities I undertake. I celebrate and embrace diversity in PE, encouraging others to participate in extracurricular activities. I always support the teachers or coaches in handling, maintaining and transporting equipment at the start and conclusion of the activity.</p> <p>I maintain, demonstrate and promote high levels of motivation in a wide range of curriculum and extra-curricular sporting activities.</p> <p>I am proud to represent my school in many extra-curricular sporting activities. I remain committed to demonstrating the best version of myself and maintain an exemplary participation and attendance record.</p>

**Head: Leadership, Knowledge & Understanding, Analysis, Decision Making, Tactical Awareness****1-2 Bronze**

I am beginning to show an ability to lead limited elements of warmups and cool downs to a partner in one curriculum-based activity.

I can identify the use of basic skills, both in isolated progressive drills and in applied full context competitive environments.

I struggle to use appropriate terminology to describe my own and other performances in team and individual activities. I can offer vague feedback to recognise strengths and areas in need of future development.

I can recall some of the benefits of leading a healthy active lifestyle and its implications on anatomy and physiological principles.

I am beginning to understand how to make decisions in many team and individual activities successfully and how tactical knowledge is applied appropriately to many activities to outwit opponents.

**3-4 Silver**

I am able to take limited responsibility to lead some elements of warmups and cool downs to a partner in few curriculum-based activities.

I can describe some elements of basic skills, both in isolated progressive drills and in some competitive environments.

I can use simple terminology to describe my own and other performances in team and individual activities. I can identify some accurate strengths and areas in need of future development for a partner's performance.

I can identify the basic benefits of leading a healthy active lifestyle and its implications on some anatomy and physiological principles.

I can identify and apply decisions in some team and individual activities successfully, although this can be inconsistent across a varied range of activities. Tactical knowledge is beginning to adapt in some activities to outwit opponents.

**5-6 Gold**

I have a sound ability to lead elements of warmups and cool downs to a partner in various curriculum-based activities.

I can explain the technical application of skills, both in isolated progressive drills and in applied full context competitive environments.

I can use a sound level of terminology to precisely analyse both my own and other performances in team and individual activities. Providing thorough and appropriate feedback to identify strengths and areas in need of future development.

I have a sound knowledge and understanding of the benefits of leading a healthy active lifestyle and its implications on anatomy and physiological principles. I can make accurate decisions in some team and individual activities, although this can deteriorate in some competitive team activities. Tactical knowledge is applied accordingly to some activities to outwit opponents.

**7-8 Platinum**

I can lead effective and well-structured warmups and some progressive drills to my peers during many curricular and extracurricular activities.

I can evaluate the technical application of skills, both in isolated progressive drills and in applied full context competitive situations.

I can use ambitious terminology to correctly analyse both my own and others performances in team and individual activities. Providing detailed and applicable feedback identifying strengths and areas in need of future development.

I have a developed knowledge and understanding of the benefits of leading a healthy active lifestyle and its implications on anatomy and physiological principles.

I can make justified decisions in many team and individual activities successfully. Tactical knowledge is advanced is well applied too many activities to outwit opponents.

**9 Diamond**

I confidently lead effective and well-structured warm ups, progressive drills and modified games to my peers during most curricular and extra-curricular activities.

I can justify the technical application of skills, both in isolated progressive drills and in applied full context competitive environments.

I can use complex terminology to accurately analysis both my own and others performances in team and individual activities. Providing specific and timely feedback to identify strengths and areas in need of future development.

I have an extensive knowledge and understanding of the benefits of leading a healthy active lifestyle and its implications on anatomy and physiological principles.

I can make complex and precise decisions in many team and individual activities successfully. Tactical knowledge is well advanced and is applied appropriately too many activities to outwit opponents.

**Hands: Skill Development, Skill Application, Fitness Levels, Technique, Competitive****1-2 Bronze**

I am beginning to show an understanding of how skills should be performed, although I struggle to maintain techniques within many isolated and progressive drills. I am starting to demonstrate these skills with some fluidity. I need to challenge myself to correctly adapt them when faced with progressively challenging situations.

I find physically demanding tasks difficult, resulting in flaws in performance as a result of a lack of physical fitness.

I apply some basic skills into isolated drills, although I fail to maintain the appropriate technique in progressive drills.

When faced with competitive situations, my technique deteriorates over a range of both individual and team activities.

I am starting to acquire and produce basic skills well to a range of both team and individual activities.

**3-4 Silver**

I demonstrate some skills with elements of appropriate technique, although this is inconsistent across a broader range of activities. I sometimes struggle to maintain the appropriate techniques in isolated and progressive drills. I am starting to demonstrate these skills with some precision and how to implement them when faced with progressively challenging situations.

I can sustain a satisfactory level of physical fitness for short periods of time but find it difficult to perform consistently in endurance-based activities.

I apply basic and simple skills into both isolated and progressive drills. My technique is inconsistent when faced with more advanced competitive situations. Some skills are starting to be applied with fluency, control and confidence.

I am starting to demonstrate consistent good technique and application of skill in competitive activities over a range of both individual and team sports.

I sometimes show an ability to acquire and produce skills well to a wide range of both and individual activities.

**5-6 Gold**

I am able to maintain a sound level of technique within isolated and progressive drills. Some skills are performed with technical errors and on occasion can adapt when faced with progressively challenging situations.

I demonstrate good levels of physical many curricular activities.

I can mostly apply a range of advanced skills into both isolated and progressive drills. My technique is mostly maintained throughout many activities when faced with more advanced competitive situations. My skills are mostly applied with fluency, control and confidence.

I mostly demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports.

I am able to acquire and produce basic skills well to a wide range of both team and individual activities.

**7-8 Platinum**

I demonstrate a good level of skill technique within isolated and progressive drills. I demonstrate skills with minor errors and can adapt when faced with progressively challenging situations.

I demonstrate high levels of physical fitness over a broad range of activities.

I can successfully apply a range of advanced skills into both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are almost always applied with fluency, control and confidence.

I demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports.

I can learn and progress complicated skills well to broad range of both team and individual activities.

**9 Diamond**

I consistently demonstrate advanced skill technique within both isolated and progressive drills. Skills are performed with few errors and I adapt when faced with progressively challenging situations.

I demonstrate outstanding levels of physical fitness over a broad range of activities.

I can successfully apply complex skills into both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are consistently applied with fluency, control and confidence.

I demonstrate advanced technique and application of skill in competitive activities over a range of both individual and team sports.

I can acquire and develop complex skills consistently well to a broad range of both team and individual activities.