

Physical Competencies:

- Take calculated risks while avoiding injury
- Perform sequence with accuracy
- Change rhythm to create a challenge for opponent

4A



Cognitive Skills:

- Change task—effectively
- Filters distractions and provides responses
- Makes effective decisions while under pressure
- Creative, original and imaginative performances

Personal Qualities:

- Perseveres on own or with others
- Key member of a team
- Keen to self or peer assess
- Manages own and impacts on others emotions during performance
- Works effectively with others who have different needs or abilities

Physical fitness:

- Continues to improve own personal performance when part of a group
- Can change direction precisely
- Knows how and why stamina, speed, strength, core stability and flexibility are essential requirements for effective performance