

Physical Competencies:

- I know how to safely change speed and level
- I can make different parts of my body work together to exercise different techniques
- I can transfer weight effectively
- Stay balanced while dribbling
- Prove understanding of what a quality performance looks like
- Use skills in different activities
- Smooth transition: hop, skip and jump

Cognitive Skills:

- Can deal with distractions during performance
- Interprets play in performance context well and effectively
- Selects and applies most appropriate decision in familiar and unfamiliar situations.

Personal Qualities:

- Self driven
- Encourages others
- Works well with others
- Enjoys and celebrates success
- Manages emotions
- Wants to learn and develop personal performance
- Can delegate responsibilities to team mates
- Respects others
- Can use verbal and non-verbal communication

Physical fitness:

- Can sustain moderate exercise and continue going
- Can use force effectively
- Explain need for flexibility
- Work to improve stamina, speed, strength, core stability and flexibility
- Use the 4

