



Cognitive Skills – Focus & Concentration:

*Focuses attention in more demanding situations e.g. working with a partner or in a small group.

Physical Competencies - Balance and Control:

*Manipulates parts of the body when moving with purpose.

*Holds balances in various shapes with and without equipment and describes what helps to maintain balance.

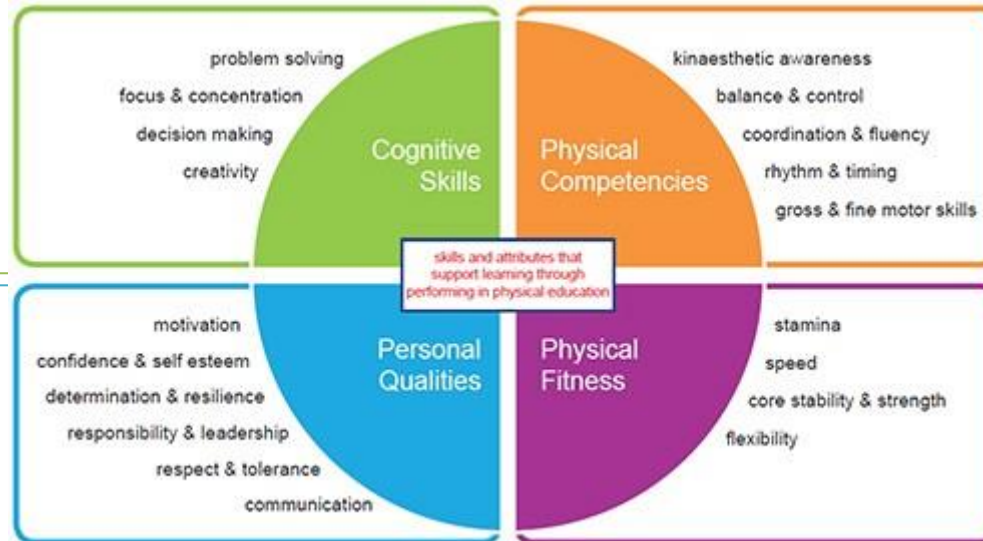
*Manipulates objects whilst maintaining balance e.g. receiving and sending a ball with the preferred foot.

Physical Competencies - Gross & Fine Motor Skills:

*Performs movement skills in simple activities e.g. skipping.

*Performs movement skills in sequence e.g. jump from bench and cushion the landing whilst staying in balance.

*Demonstrates eye/hand and eye/foot co-ordination required for movement skills e.g. track the flight of the ball with eyes, then catch the ball.



Personal Qualities - Confidence and Self- esteem:

*Has a positive awareness of self as physical competencies improve.

*Discusses learning and identifies strengths and next steps.

*Responds and contributes to self and peer assessment with respect.

*Celebrates, values and uses achievements as part of improving performance.

Personal Qualities - Determination & Resilience:

*Is learning how to be a good winner and cope appropriately with losing.

*Demonstrates persistence when facing a challenge and works to achieve a successful outcome.

*Recognises a variety of emotions and is developing the ability to manage them appropriately.

Physical Fitness - Core Stability and Strength:

*Shows postural control when starting, stopping, being still, moving and changing direction.

*Describes where 'core' is and demonstrates how it supports the body.