



Personal Qualities – Motivation:

- *Is self-motivated in movement challenges and demonstrates positive effort.
- *Sets and acts upon personal goals based on knowledge and understanding of what it means to perform well.
- *Explains factors that affect and influence participation in physical activity e.g. attitude, access, personal and/or family preference.
- *Shows an understanding that we play a role in encouraging others.

Personal Qualities - Confidence and Self- esteem:

- *Demonstrates self-reliance when faced with movement challenges in familiar and unfamiliar practice and performance environments.
- *Initiates and works co-operatively with others providing support and encouragement.
- *Self-assesses and acts as a peer assessor to provide constructive feedback to improve performance.
- *Celebrates, values and uses achievements as part of development and progress.

Personal Qualities - Respect and Tolerance:

- *Contributes to an inclusive ethos, showing mutual respect in practice and performance environments.
- *Is open to the ideas, thoughts and feelings of others and is developing negotiation skills when dealing with movement challenges.
- *Enhances individual and group enjoyment of physical activity through fair play

Physical Fitness – Stamina:

- *Understands and demonstrates how to sustain moderate to vigorous physical activity that provides challenge.
- *Understands heart rate and how to measure it.
- *Describes how personal preference and choice can influence participation in physical activity.
- *Sets personal goals for sustaining moderate to vigorous physical activity that leads to improvement.
- *Identifies types of physical activity where stamina is key to success.

Physical Fitness – Core Stability & Strength:

- *Shows postural control when performing physical actions with accuracy. Explains and demonstrates how to make a balance more stable.
- *Experiments with the use of speed and force with body parts and/or equipment e.g. absorbing force with the ankles, knees and hips during landing.
- *Sets personal goals to improve core stability and strength.
- *Identifies physical activities where core stability and strength are key to success.