

Physical Competencies

Kinaesthetic Awareness

Consistently demonstrates an awareness of self, others and safety in the practice and performance environments.

Performs, adapts and refines a variety of movements with a focus on quality, using different speeds/pathways/levels.

Is internally aware when co-ordinating hand-eye/hand-foot movements to control different pieces of equipment e.g. drop shot in badminton.

Coordination and Fluency

Performs a fluent sequence of movements with confidence.

Demonstrates efficient movement that leads to successful outcomes.

Evaluates the key elements of movement that leads to a quality performance.

Balance and Control

Differentiates between movements of different parts of the body with control e.g. front crawl.

Performs smooth transfers of weight with and without equipment involving static and dynamic balance.

Manipulates objects with precision whilst maintaining balance, resulting in high quality performance e.g. set shot in basketball.

Rhythm and Timing

Creates sequences of movement using a variety of stimuli with a focus on quality, leading to successful performance.

Creates and establishes a rhythm to make the opportunity for timing available e.g. fluent passing round the key then player cuts to basket.

Performs actions that involve a smooth transition from one phase to another e.g. dance sequence; jump, clap, slide and pause (1,2,3,4).

Gross and Fine Motor Skills

Performs specialised movement skills/techniques with precision in practice and performance environments e.g. sprint forward, trap ball, pass and move to support possession.

Transfers skills learned in one performance environment to a different performance environment e.g. overarm throw / overhead shot in badminton.

Uses eye/hand and eye/foot coordination as part of skilful performance.

Cognitive Skills: The Key Elements of Decision Making

Decision Making

Takes responsibility for decisions under pressure that leads to improved performance.

Cue Recognition

Quickly prioritises the order in which cues are responded to.

Sequential Thinking

Plans, performs and reviews a series of actions to address movement challenges e.g. triple jump.

Prioritising

Recognises and acts upon the importance of 'what next?' as a key element within a sequence of actions e.g. pass and move.

Focus and Concentration

Switches concentration from one task to another fluently by filtering out distractions.

Cognitive Skills: The Key Elements of Decision Making

Multi-processing

Interprets information quickly and accurately from pressured situations which will contribute to successful performance.

Problem Solving

Selects, adapts and applies the most appropriate strategy when solving familiar and unfamiliar movement challenges.

Creativity

Confidently creates movements sequences with precision, independently and with others.

Demonstrates flair, originality, imagination with increasing refinement, that contributes to a quality performance.

Personal Qualities

Responsibility and Leadership

Shows an increasing commitment to learning.

Plans and manages learning that satisfies personal needs and interests.

Initiates appropriate strategies to address self-control for successful and enjoyable performance.

Identifies the strengths of individuals/group to assign appropriate roles and tactics to maximise success.

Leads with confidence and respect, taking account of the views of others. Encourages others to lead where appropriate.

Confidence and Self-esteem

Demonstrates self-reliance and self-worth through engaging in challenging tasks.

Demonstrates the value of positive relationships while working and learning with others.

Reflects on, creates and uses criteria to evaluate personal and group performance.

Self-assesses and acts as a peer assessor to provide constructive feedback to modify/enhance performance.

Takes the initiative to celebrate, value and build on achievements as part of the learning journey.

Determination and Resilience

Initiates and adopts coping strategies in response to the outcomes of competition.

Understands and demonstrates the positive link between effort, perseverance, and personal achievement.

Recognises the variety of emotions that are associated with performing and the impact they have on behaviour and performance.

Develops the ability to manage emotions to enhance performance.

Respect and Tolerance

Contributes to an inclusive ethos, showing mutual respect in practice and performance environments.

Uses negotiation skills when working with others in a variety of movement challenges.

Modifies rules, equipment and scoring systems to enhance individual and group enjoyment of physical activity through fair play and sportsmanship.

Communication

Takes account of the views of others and uses these to clarify or adapt thinking. Responds appropriately e.g. asking and answering questions, clarifying or summarising points, building on ideas, challenging opinions and encouraging others to explore/expand upon ideas.

Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and applies them appropriately and confidently in practice and performance environments e.g. umpire/referee.

Motivation

Is self-motivated and demonstrates self-direction and positive effort in practice and performance environments.

Uses a range of critical and creative thinking skills to assist in planning and setting goals to improve performance.

Maximises the factors that motivate and minimises the factors that impede participation in physical activity every day.

Shows an understanding that we play a role in encouraging others.

Physical Fitness

Stamina

Takes responsibility for sustaining moderate to vigorous physical activity that provides challenge.

Measures heart rate, pays attention to breathing rate and ability to talk in order to monitor body's reaction to physical activity.

Demonstrates and explains why some cultural and social factors influence participation in physical activity.

Creates, implements and monitors personal goals for sustaining moderate to vigorous physical activity that leads to improvement.

Demonstrates stamina in physical activity to support successful performance.

Speed

Moves at different speeds and changes direction quickly with precision.

Accelerates quickly from a stationary position in response to movement challenges e.g. Moves quickly to close down opponent.

Demonstrates the use of speed and force with body parts and/or equipment with control e.g. Arm pull phase in front crawl.

Creates, implements and monitors personal goals to improve speed.

Demonstrates speed in physical activities for successful performance.

Flexibility

Performs a range of effective, dynamic movements specific to physical activities.

Explains the benefits associated with flexibility to everyday life.

Creates, implements and monitors personal goals to improve flexibility.

Demonstrates flexibility in physical activities to support successful performance.

Core Stability and Strength

Demonstrates the use of balance, postural control and the links to core stability.

Demonstrates the use of speed and force with precision and control e.g. Absorbing force when tackling an opponent in rugby.

Creates, implements and monitors personal goals to improve core stability and strength.

Demonstrates core stability and strength in physical activities for successful performance.