

Physical Competencies

Kinaesthetic Awareness

Moves efficiently in personal and shared space.

Performs and refines movement with a focus on quality, using different speeds/pathways/levels.

Is internally aware of body parts and adopts body positions effectively in a variety of challenging situations.

Balance and Control

Differentiates between movements of different parts of the body, with a focus on quality; e.g. rolling segmentally, leading first with the head, followed by the shoulders and then the pelvis.

Combines and applies static and dynamic balance with and without equipment at different speeds, directions and levels e.g. dodging and feinting.

Manipulates objects whilst maintaining balance to result in desired outcomes. e.g. baton changeover in relay race.

Coordination and Fluency

Performs a sequence of movements with a clear beginning, middle and end with increasing fluency e.g. pass and move.

Moves with purpose and confidence, demonstrating balance, control and rhythm.

Explains what a quality movement looks like and feels like to help modify and improve performance.

Rhythm and Timing

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

Maintains rhythm with or without equipment e.g. players pass and move, keeping possession of the ball.

Performs actions that involve a transition from one phase to another e.g. forward roll into straight jump.

Gross and Fine Motor Skills

Performs movement skills with confidence e.g. using active footwork to move to a space to receive the netball.

Performs movement skills in sequence with confidence e.g. keeping ball up with bat/racquet.

Demonstrates eye/hand and eye/foot co-ordination to execute movement skills e.g. striking a ball with a bat/kicking a ball towards a target.

Cognitive Skills: The Key Elements of Decision Making

Decision Making

Makes decisions when presented with a greater variety of options and can explain why.

Cue Recognition

Recognises a range of cues and begins to prioritise those that need to be responded to first.

Sequential Thinking

Plans a series of three or more actions in order to address simple movement challenges.

Prioritising

Recognises the importance of particular moments, or actions in a sequence. Draws on prior knowledge to select an effective order that contributes to successful performance.

Focus and Concentration

Manages impulsive responses to stay focused on task and filter out distractions e.g. taking a shot in netball with defender in front of the net.

Cognitive Skills: The Key Elements of Decision Making

Multi-processing

Takes in and make sense of several pieces of information at the same time, from a number of different sources which will contribute to successful performance.

Problem Solving

Adapts previous plans, movement skills and strategies to generate a solution and explains which one is most effective.

Creativity

Creates and adapts movements sequences independently and with others in response to stimuli.

Demonstrates flair, originality and imagination that contributes to a quality performance.

Personal Qualities

Responsibility and Leadership

Demonstrates planning and organisational skills which are conducive to learning.

Identifies and adopts strategies to increase self-control for enjoyable individual performance and/or with others.

Adopts a variety of roles that lead to successful outcomes.

Understands and demonstrates a leadership role.

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.

Determination and Resilience

Identifies strategies around competition to cope appropriately with the outcomes.

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.

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.

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.

Communication

Takes account of the views of others to build on thinking. Responds appropriately e.g. by asking and answering questions, clarifying points and building on ideas.

Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and applies them appropriately in practice and performance environments e.g. shout and signal for the ball.

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.

Speed

Moves at different speeds and changes direction quickly in balance and with control.

Accelerates quickly from a stationary position.

Experiments with the use of speed and force with body parts and/or equipment e.g. fast arm when throwing a ball.

Sets personal goals to improve speed.

Identifies physical activities where speed is key to success.

Flexibility

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

Understands the impact of flexibility on everyday life and sets personal goals to improve.

Core Stability and 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.