Determination & Resilience

Fourth Level

Third Level

The ability to sustain effort in the face of adversity

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

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Demonstrates the effort and perseverance required to work through challenges, thus increasing chances of future success.

Recognises own and other people’s emotions that come from performing and is aware of how they can impact both positively and negatively on performance.

Initiates and adopts a range of strategies to deal with these situations.

Develops the ability to manage emotions to enhance performance.

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

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