Flexibility

Third Level

The range of movement at/across/around a joint

Performs a wide range of dynamic movements with precision.

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.



Justifies the selection of personal goals to improve flexibility

Consistently applies flexibility in physical activities to support successful performance.

Demonstrates flexibility in physical activities to support successful performance.