Focus & Concentration

The ability to avoid distractions and focus on your performance or learning. 

Third Level

Consistently pays attention to task and is able to switch from one task to another and filter out distractions.

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



Quickly filters and prioritises verbal, physical and situational cues to respond to movement challenges.

Quickly prioritises the order in which cues are responded to.