Motivation

Fourth Level

Third Level

A reason or reasons for acting or behaving in a particular way

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

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



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

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.

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

Demonstrates perseverance and commitment using techniques such as self-talk and encouragement when working independently and/or with others to improve performance.

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

Uses knowledge of results, established criteria and other types of feedback to support self and peers strive to improve performance.