Speed

Fourth Level

Third Level

The ability to move the body or part of the body from A-B in the quickest time possible

Moves at different speeds and changes direction quickly with precision.

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Consistently accelerates quickly from a stationary position to contribute to successful performance.

Consistently applies the use of speed and force with body parts and/or equipment e.g. swivel hips in trampolining.

Justifies the selection of personal goals to improve speed.

Applies anaerobic system for successful performance.

Accelerates quickly from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.

Demonstrates the use of speed and force with body parts and/or equipment with control e.g. arm pull phase in front crawl.

Creates, implements and monitors personal goals to improve speed.

Demonstrates speed in physical activities for successful performance.