

Lower Transits PE

Remove PE

Level	1	2	3	4	5
<p>Head</p> <p><i>Decision Making, Knowledge, and Analytical skills</i></p>	<p>I can identify a performer's strengths and areas for development, although will make <u>some mistakes</u> and am able to give some <u>basic</u> feedback. I understand and have knowledge of <u>some</u> of the components of fitness</p>	<p>I am able to <u>plan basic strategies</u> that take advantage of my team's strengths, and/or exploit my opposition's weaknesses. I have <u>some confidence</u> and can show <u>some independence</u>.</p>	<p>I can <u>analyse</u> team's and individual's performance and coach a team to improve <u>basic weaknesses</u>. I have a <u>good</u> understanding of the rules and regulations of the sport. I am starting to be able to officiate games with <u>some success</u>; but <u>limited</u> confidence.</p>	<p>I <u>often</u> have an <u>influence</u> on the game through my <u>tactical and strategic knowledge</u>. I can direct peers and teammates to follow specific instructions. This will include set plays and formations. I <u>often</u> take on leadership roles.</p>	<p>I can analyse and evaluate performance with <u>close detail</u> to technique and tactics. I am capable of implementing tactics and strategies, this will include formations and game plans. When officiating, I display <u>excellent</u> communication, positioning and signalling skills and I have the confidence to assert authority by making instant and accurate decisions in any given situation.</p>
<p>Heart</p> <p><i>Effort, Attitude and Teamwork skills</i></p>	<p>I <u>rarely volunteer</u> to become a leader. I struggle to communicate effectively with my peers or teachers. I show <u>little resilience</u> or <u>effort</u> to achieve or solve a problem.</p>	<p>I begin to demonstrate a consistently positive attitude and I <u>exert effort</u> in my <u>favourite</u> activities in Physical Education. Within my <u>favourite</u> activities I'm involved and engaged in <u>most</u> tasks and discussions.</p>	<p>I can work with peers to set up activities within a session and I play a <u>minor</u> role in encouraging others. I <u>start</u> to take responsibility of my own development and success. When faced with a problem, I <u>start</u> to plan methods of solving it.</p>	<p>I can work effectively within a team and <u>start</u> to take on a leadership role. I show <u>some</u> motivational qualities and resilience to solve a problem.</p>	<p>I can <u>plan</u> and <u>lead</u> part of a session (warm up/drill/game). I am <u>confident</u> in <u>most</u> situations and display <u>excellent</u> organisational and communication skills. I can lead others and motivate a team.</p>
<p>Hands</p> <p><i>Developing Technique & Performance</i></p>	<p>I <u>occasionally</u> demonstrate <u>basic</u> skills and techniques within practice situations, but with <u>limited</u> success. I have a <u>low</u> level of fitness.</p>	<p>I can demonstrate <u>basic</u> skills and techniques <u>consistently</u> in practice situations. I have a <u>below average</u> level of fitness.</p>	<p>I can <u>attempt</u> to replicate <u>advanced</u> skills and techniques in practice situations, with <u>variable</u> success. I have an <u>average</u> level of fitness</p>	<p>I can demonstrate <u>advanced</u> skills and techniques in <u>pressured</u> and <u>competitive</u> situations, with <u>some success</u>. I have a <u>good</u> level of fitness.</p>	<p>I can demonstrate <u>advanced</u> skills and techniques <u>consistently</u> in <u>pressured</u> and <u>competitive</u> situations. I regularly participate in physical activity outside of PE and I have an excellent level of fitness.</p>