

GRADE	HEAD		HEART		HANDS	
	Decision making/ knowledge/ analytical/ confidence		Social/ emotional/ effort/ attitude		Physical development/ skill/ fitness/ competition	
EXPERT	9	I have a thorough knowledge and understanding of the rules, laws, regulations tactics and strategies. I can apply tactics and strategies and have the ability to adapt according to the situation. I am confident and successful when taking on a variety of roles.	As an inspirational school sports leader, I demonstrate exceptional communication and motivation skills. I consistently demonstrate a positive and respectful attitude towards my peers. I take great pride in representing the school on a regular basis.		I demonstrate excellent advanced skills and techniques for all activities when in practice and competitive situations. I represent Highfields or higher in more than one activity.	
	8	I have an excellent knowledge and understanding of the rules, laws and regulations. I demonstrate an excellent knowledge and application of tactics and strategies. I am confident and successful when officiating.			I demonstrate excellent advanced skills and techniques for some activities when in practice and competitive situations. I represent Highfields or higher in one activity and have excellent levels of fitness.	
ADVANCED	7	When officiating, I display excellent communication, positioning and signalling. I have the confidence to assert authority by making instant and accurate decisions in any given situation. My decisions are well informed by good knowledge and understanding of the rules, laws and regulations.	I consistently demonstrate a positive and respectful attitude towards all my peers. I always give my best effort to each activity and inspire others to do the same. I work hard on developing my skills in extra-curricular activities.		I demonstrate some advanced skills and techniques for all activities in practice situations and some competitive situations. I have a very good level of fitness, and represent a Highfields school team.	
	6	I show confidence and outstanding decision making skills that allow me to influence the game to my advantage. My decisions are well informed by good knowledge of tactics, strategies and formations.			I demonstrate some advanced skills and techniques for some activities in practice and some competitive situations. I regularly participate in physical activity outside of PE and have good levels of fitness.	
COMPETENT	5	I can analyse and evaluate performance with close detail to technique and tactics. I am capable of implementing tactics and strategies including formations and game plans.	I recognise different abilities and I am empathetic of others. I often take it upon myself to coach/improve less able students. I always give my best efforts in both lessons and extra-curricular activities.		I demonstrate good skills and techniques in pressured and competitive situations with consistent success. I can apply skills into extra-curricular activities. I have an average level of fitness.	
	4	I often have an influence on the game through my tactical and strategic knowledge. I can direct players and teammates to follow specific instructions. This will include set plays and formations			I demonstrate competent skills and techniques in pressured and competitive situations, with some success. I have an average level of fitness.	
IMPROVER	3	I can analyse team's and individual performances and coach a team to improve their weaknesses. I can officiate games with success; showing independence, confidence and a good understanding of the rules and regulations of the sport. I have basic understanding of the different methods of training.	I often take on added responsibility within PE and extra-curricular activities. I demonstrate a positive and respectful attitude towards my peers.		I often attempt to replicate advanced skills and techniques into pressured and competitive situations with variable success.	

BEGINNER	2	I am able to plan effective strategies that take advantage of my team's strengths, and/or exploit my opposition's weaknesses. I can take charge of a small sided game and enforce the main rules throughout. I have some confidence and can show some independence.		I can demonstrate basic skills and techniques in practice situations with consistent success.
	1	I can accurately pinpoint a performer's strengths and areas for development giving detailed feedback. I understand and have knowledge of the components of fitness.		I demonstrate basic skills and techniques within practice situations with variable success.
NOVICE	W	I can suggest some areas to improve performance with support from my peers or teacher. I have an understanding of why we warm up and cool down.	I enjoy my PE lessons and work hard to achieve my goals. I would like to attend an extra-curricular club on a regular basis.	I'm working towards a basic level of technical accuracy, with a little precision, control and fluency within practice situations.