



Doing (Physical/ Psychomotor)

- You know where you currently are
- You know where you want to be. Target - short and long term
- You know how you can get there
- You will know when you have achieved your target

W	1	2	3	4	5	6	7	8	9
NOVICE	BEGINNER		IMPROVER		COMPETENT		ADVANCED		EXPERT
<p>Demonstrates an inconsistent level of technical accuracy, with little or no precision, control and fluency.</p> <p>Developing my fundamental movement skills through SAQ to become more confident and competent.</p>	<p>Demonstrates a basic level of technical accuracy, with a little precision, control and fluency.</p> <p>Develop fundamental movement skills and becoming increasingly competent and confident performer.</p> <p>Demonstrates basic skills and techniques in a variety of physical activities.</p>		<p>Demonstrates an improving level of technical accuracy, with some precision, control and fluency.</p> <p>Apply your fundamental movement skills in activities.</p> <p>Apply simple tactics to games.</p> <p>Apply basic principles to activities.</p> <p>Work by yourself and with others with support to improve performance.</p> <p>Exercise more regularly and live a healthier lifestyle.</p>		<p>Demonstrates a competent level of technical accuracy, with good precision, control and fluency.</p> <p>Acquire skills competently.</p> <p>Practise skills in a range of activities and apply them in selected activities to achieve good levels of performance.</p> <p>Are physically fit and can remain active for sustained periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, with guidance or support.</p> <p>Participates well in PE lessons and engages in a range of extra-curricular activities.</p>		<p>Demonstrates an advanced level of technical accuracy, with precision, control and fluency.</p> <p>Acquire skills very well.</p> <p>Practise skills in a wide range of activities and apply them in selected activities to achieve very good levels of performance.</p> <p>Are physically fit and can remain active for significant periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, with limited guidance or support.</p> <p>Participate in all PE lessons and engage in a range of extra-curricular activities.</p>		<p>Demonstrates an exceptional level of technical accuracy, with precision, control and fluency.</p> <p>Acquire skills exceptionally well.</p> <p>Practise skills in a wide range of activities and apply them in activities to achieve exceptionally high levels of performance.</p> <p>Are physically fit and can remain active for sustained periods to help promote your health and fitness.</p> <p>Work for extended periods of time, both independently and with others, without the need of guidance or support.</p> <p>Eagerly participate in all PE lessons and engage fully in extra-curricular activities</p>