



HEART

Social, Emotional, Effort & Attitude

- 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>I engage in conditioned skill based practices. I'm working on my confidence in a game/performance situation.</p> <p>I need support to ensure I warm-up and cool down correctly.</p> <p>My effort and enthusiasm increases with teacher and peer encouragement.</p> <p>My goal is to attend an extra-curricular club on a regular basis.</p>	<p>Engage in co-operative and competitive activities with others.</p> <p>I can take responsibility for leading my own warm-up and cool-down.</p> <p>My effort and enthusiasm helps to motivate others to perform to the best of their ability.</p> <p>I participate in extra-curricular activities on a regular basis.</p>		<p>Work in co-operative and competitive activities with others.</p> <p>Communicate and collaborate with increasing confidence whilst taking part in activities.</p> <p>Develop confidence and interest in a range of physical activities.</p> <p>Are more aware about why it is important to exercise regularly and live a healthy lifestyle.</p> <p>Participates in extra-curricular activities on a regular basis</p>		<p>Work co-operatively and lead others, with support, by organising and officiating events and activities.</p> <p>Show respect and support for fellow participants.</p> <p>Have an interest and commitment to a range of competitive and cooperative extra-curricular activities.</p> <p>Aware of how to eat sensibly, and why it is important to avoid smoking, drugs and alcohol.</p> <p>I can explain why it is important to exercise regularly.</p>		<p>Lead others by organising and officiating events and activities.</p> <p>Motivate and instil sporting attitudes in others.</p> <p>Have an enthusiasm for and a commitment to a range of physical and extra-curricular activities.</p> <p>Explain how to eat sensibly, and why it is important to avoid smoking, drugs and alcohol.</p> <p>Understand why it is important to balance involvement in physical activity for the benefit of physical, social and mental health.</p>		<p>Confident to take the initiative and lead others by organising and officiating events and activities.</p> <p>Motivate and instil excellent sporting attitudes in others.</p> <p>Have a passion for and a commitment to a wide range of activities.</p> <p>Explain the reasons why it is important to eat sensibly, and avoid smoking, drugs and alcohol.</p> <p>Make informed choices about regular and safe exercise in which success is related to managing the demands of different activities and healthy lifestyles.</p>