

- 1** I can identify some muscles in a warm up and some reasons on why I need to complete a warm up. I can describe and explain some skills and rules in some sports. I have some understanding of techniques and I start to reflect on my own performance.
- 2** I can lead an effective self-led warm up identifying most major muscles in the body which will prepare myself for physical activity. I can describe and explain some skills and rules in some sports. I understand techniques, helping me to analyse and improve my own performance.
- 3** I can explain how the body reacts during exercise and this helps my confidence when taking responsibility for leading a warm up to a partner. I can identify and describe tactics in some sporting activities. I have knowledge of techniques which helps me to improve my own performance and give feedback to others about their performance.
- 4** I have an understanding of and can actually describe how the body adapts and benefits from regular exercise. I can take responsibility for leading a small group warm up. I have good knowledge of skills and techniques and this improves my own and others practical performance.
- 5** I have a sound knowledge of the importance of taking part in regular physical activity, as well as being able to explain the benefits to the body and mind of regular participation. I have a good knowledge of rules and tactics of several different sports and I can give some feedback to my peers and teams overall performance.
- 6** I can identify and describe many of the short term and long-term effects of exercise on my physical mental and social well-being. I can lead an effective warm up to the whole class and ensure that they are prepared for the physical demands of that lesson. I am able to identify problems with my peers or my own technique and can give teaching points to correct these mistakes.
- 7** I can accurately explain the advantages, to myself and others, of following an active and healthy lifestyle on physical, mental and social well-being. I can lead and officiate matches showing a good understanding of the rules. I can analyse performance of myself and my peers in order to improve skills, techniques and/or fitness levels.
- 8** I have knowledge of different training methods and I can give specific and accurate feedback to performers sporting needs. I can critically evaluate the quality of my own and others' tactics and skills when performing across many different activities. I can display excellent understanding and suggest ways how skills, strategies and tactics can affect the quality of performance. I can lead others in activities/warm-ups and be able to individually set up skills practices and enhance student's learning.
- 9** Have an extensive knowledge and understanding of the components of fitness, principles of training and effects of exercise and how these factors can improve performance. I can evaluate my own and others' performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect the quality and outcome of the performance. I can plan and lead a safe and effective coaching session