



Skill	Emerging	Developing	Secure	Mastered
The Athlete	I can perform relevant core skills and actions in a passive situation.	I can perform relevant core skills and actions in an active situation.	I can accurately apply core skills in a competitive situation.	I can link core skills with precision, control and fluency in a competitive situation.
The Tactician	I have a basic understanding of tactics and formations.	I can apply skills, techniques and ideas to different situations to promote success.	I can select and apply skills based on my own and others strengths and weaknesses.	I can select skills, techniques and ideas and apply them accurately and appropriately in different physical activities.
The Expert	I can identify and describe 3 phases of a warm up.	I can name and locate 6 major muscles.	I can demonstrate stretches for the 6 major muscles.	I can explain how my body reacts to exercise.
The Coach	I can see similarities and differences in performances.	I can comment on my own performance (1 star and 1 wish).	I can comment on my peer's performance (1 star and 1 wish).	I can effectively use feedback to improve my own performance.
The Leader	I can take the lead in a 3 part warm up.	I can organise a playing area and set up equipment safely.	I can officiate and umpire in lessons, activities and inter house.	I can design and run a skill drill for a 3rd part warm up.
My Learning Behaviours	I am a team player who encourages peers in their work.	I am fair in competition and gracious in defeat.	I show resilience in the face of adversity.	I display excellent manner, punctuality and kit organisation.
Literacy: Speaking			I can talk confidently in different situations including formal ones. I use language appropriate to the task. I am able to express an idea or opinion in response to a question or comment. I can justify my opinion when discussing ideas.	
Literacy: Listening			I listen carefully to others and am able to form an opinion about what is being said. I can recall key facts that have been discussed and comment on them. Through careful listening I can ask questions that encourage the speaker to develop their ideas further.	



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The Athlete	I can perform relevant core skills and actions in an active situation.	I can accurately apply core skills in a competitive situation.	I can link core skills with precision, control and fluency in a competitive situation.	I can perform advanced skills with precision, control, fluency and consistency.
The Tactician	I can apply skills, techniques and ideas to different situations to promote success.	I can select and apply skills based on my own and others strengths and weaknesses.	I can select skills, techniques and ideas and apply them accurately and appropriately in different physical activities.	I can select and combine advanced skills, techniques and ideas and apply them accurately.
The Expert	I can name and locate 6 major muscles.	I can demonstrate stretches for the 6 major muscles.	I can explain how my body reacts to exercise.	I can explain the benefits of regular, safe, planned physical activity. I know how to develop components of fitness and skill.
The Coach	I can comment on my own performance (1 star and 1 wish).	I can comment on my peer's performance (1 star and 1 wish).	I can use feedback to improve my own performance.	I can comment on skills and techniques and explain how they are applied. I can modify and refine techniques to improve my performances.
The Leader	I can organise a playing area and set up equipment safely.	I can officiate and umpire in lessons, activities and inter house.	I can design and run a skill drill for a 3rd part warm up.	I can assist with a leadership based activity to develop my own/others performance(s).
My Learning Behaviours	I show resilience in the face of adversity.	I am fair in competition and gracious in defeat.	I am a team player who encourages peers in their work.	I can show grit and determination when faced with new and challenging tasks.
Literacy: Speaking			<p>I can adapt the way I talk to ensure that my responses are always appropriate to the setting I am in.</p> <p>I am consistently confident when speaking in formal settings.</p> <p>I use a variety of vocabulary and expression when I speak to hold the listener's interest.</p> <p>I am able to respond to criticism with confidence whilst referring to my original ideas.</p> <p>I am able to take on different and active roles within most conversations.</p>	
Literacy: Listening			<p>I am able formulate extended ideas on a topic being discussed.</p> <p>I am able to form challenging criticisms of something that is being said in order to develop a topic further</p> <p>Through intelligent listening I can develop new ideas/related topics to the one being discussed.</p>	



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The Athlete	I can accurately apply core skills in a competitive situation.	I can link core skills with precision, control and fluency in a competitive situation.	I can perform advanced skills with precision, control and fluency.	I can consistently use advanced skills, techniques and ideas, and my performances show outstanding precision.
The Tactician	I can select and apply skills based on my own and others strengths and weaknesses.	I can select skills, techniques and ideas and apply them accurately and appropriately in different physical activities	I can select and combine advanced skills, techniques and ideas and apply them accurately.	I can apply skills, tactics and composition with flair and proficiency. I can adapt my skills to suit the situation.
The Expert	I can demonstrate stretches for the 6 major muscles.	I can explain how my body reacts to exercise.	I can explain the benefits of regular, safe, planned physical activity. I know how to develop components of fitness and skill.	I know how to structure an exercise programme in order to train for my chosen sport.
The Coach	I can comment on my peer's performance (1 star and 1 wish).	I can use feedback to improve my own performance.	I can comment on skills and techniques and explain how they are applied. I can modify and refine techniques to improve my performances.	I can analyse and comment on performances and suggest ways to improve.
The Leader	I can officiate and umpire in lessons, activities and inter house.	I can design and run a skill drill for a 3rd part warm up.	I can plan and lead an activity on my own to encourage others to improve their performance.	I can plan, lead and review my leadership activity. I can ensure fair play and officiate during lessons.
My Learning Behaviours	I am fair in competition and gracious in defeat.	I am a team player who encourages peers in their work.	I can show grit and determination when faced with new and challenging tasks.	I actively seek to be involved in the lesson, whether this is as a leader, coach or captain.
Literacy: Speaking			I can speak confidently in all situations including new and unexpected ones. I use vocabulary specific to setting and subject to enhance the quality of the discussion. I am able to convey my viewpoint effectively in the face of audience questions and criticisms.	
Literacy: Listening			I make significant contributions to discussions as an audience member and can recall key information to support my point of view. I am able to offer specific, constructive feedback in a discussion using vocabulary appropriate to the topic, in order to help another speaker to improve. Through intelligent and thoughtful listening I can ask original, higher order questions designed to challenge the speaker and extend the discussion further.	