



HEAD

Thinking (Cognitive)

- You know where you currently are
- You know how you can get there

- You know where you want to be. Target - short and long term
- 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>Understands the principles of SAQ and attempts to use them in practice.</p> <p>May know some simple tactics but needs support to explain them.</p> <p>Understands the aspects of performance they need to improve to enhance their performance.</p> <p>Can work with a partner to lead or organise equipment and participants. Lacks confidence in large groups.</p> <p>Understands why we warm-up and cool down.</p>	<p>Learn how to apply your fundamental movement skills in activities.</p> <p>Learn simple tactics that can be applied to games.</p> <p>Can make suggestions as to how to improve their own and others' performance.</p> <p>Basic level of performance in role as leader. Will help to organise equipment and participants. Can at times lack confidence in communicating task to groups.</p> <p>Knows the importance of a warm-up and cool down and can name six or more of the major muscle groups.</p>		<p>More aware of how to apply fundamental movement skills in activities.</p> <p>More aware of how simple tactics can be applied to games.</p> <p>Can compare performances. Recognise a good performance and use the information to make suggestions of how to improve their own and others' performance.</p> <p>Plans and delivers some accurate sessions. Shows confidence in some situations when leading small groups.</p> <p>Secure knowledge of muscle groups and is learning the different types of joints in the body.</p>		<p>Acquire new knowledge well and are developing an understanding of a range of PE and sport activities.</p> <p>Can suggest how tactics can be applied to games.</p> <p>Show good levels of originality, imagination and creativity.</p> <p>Make informed choices about engaging in physical activity with support.</p> <p>Use appropriate vocabulary to make well founded judgements on their own and others' work to improve performances.</p> <p>Plans and delivers good sessions. Shows confidence in most situations when leading small groups or half class.</p>		<p>Acquire new knowledge quickly and develop an understanding of a range of PE and sport activities.</p> <p>More aware of how complex tactics can be applied to games.</p> <p>Show very good levels of originality, imagination and creativity.</p> <p>Make informed choices about engaging in physical activity with limited support.</p> <p>Suggest possible methods to improve their own and others' performance.</p> <p>Leader plans and delivers very good session to a range of ages. Motivated leader, who is confident, organised and a good communicator.</p>		<p>Acquire new knowledge exceptionally well and have developed an in-depth understanding of a wide range of PE and sport activities.</p> <p>Can suggest how complex tactics can be applied to games.</p> <p>Show exceptional levels of originality, imagination and creativity.</p> <p>Critically evaluate and develop targets to have impact on their own and others' performance.</p> <p>Leader plans and delivers excellent session to a full range of ages. Inspirational leader, who is highly confident, organised and an excellent communicator. Can adapt and go off plan if needed.</p>