**Cognitive Skills** 

**Physical Competencies** 

**Physical Fitness** 

**Personal Qualities** 

13. Evaluate how your determination & resilience impacted your performance

1. Apply rhythm & timing to a range of movements

2. Evaluate the effectiveness of rhythm & timing on your performance

OUR LEARNING ENVIRONMENT AND RESPONSIBILITIES THROUGH

**ATHLETICS** 

12. Understand how determination & resilience can improve your performance

Safe

Healthy

Active

**Nurtured** 

**Achieving** 

Respected

Responsible

**Included** 

4. Apply a range of skills showing balance & control

3. Understand

how balance &

used to impact

5. Evaluate your personal balance & control within this activity

6. Understand how to develop an aspect of physical fitness

11. Create an environment that can develop confidence & self esteem

10. Apply strategies to improve your classmates' and your own confidence & self esteem

9. Evaluate how focus & concentration impacted on your performance

8. Apply focus & concentration when performing

7. Analyse the impact of an aspect of physical fitness on your performance

## **LITERACY – Listening and Talking:**

Contribute and allow others to contribute in discussions

Using suitable vocabulary to communicate effectively

Show understanding of what I watch & listen to



## **NUMERACY – Measure and Time:**

Use different methods to measure distance, speed & time

Show an understanding of my speed through using distance and time