Cognitive Skills

Physical Competencies

Physical Fitness

Personal Qualities

13. Create motivation strategies within your 1. Apply gross and fine motor skills to outwit

how effective your gross & OUR LEARNING ENVIRONMENT AND RESPONSIBILITIES THROUGH

3. Apply a range of skills CENTRAL NET GAMES

12. Apply different strategies to motivate yourself and your team

11. Evalaute how your & resilience effected your

> 10. Apply & resilience in

> > 9. Analyse how

Safe

Healthy

Active

Nurtured

Achieving

Respected

Responsible

Included

7. Analyse the impact speed has on my performance

5. Understand when speed is required and how to improve it

6. Apply speed in your performance



LITERACY - Listening and Talking:

Contribute and allow others to contribute in discussions

Use suitable vocabulary to communicate effectively

Show understanding of what I watch & listen to



NUMERACY - Fractions and Percentages:

Using performance analysis to identify strengths and areas of development

Using data to calculate my percentage of success