



- Excel in a recognised sport – games/gymnastics/dance/athletics/swimming/Outdoor Adventure (usually from club coaching).
- High level of co-ordination.
- Catching and throwing/batting/striking a ball.
- Move from and through moves – jump-roll-twist-skip-hop.
- Use the body with confidence in differentiated, expressive and imaginative ways
- Good sense of shape, space direction and timing
- Movement is fluent and can be elegant
- Think strategically with imagination
- High degree of control of their body; good control of gross and fine body movements and can handle objects skilfully
- High degree of physical motivation and commitment to practice and performance
- Thoughtful and independent performers
- Use technical terms effectively, accurately, and fluently#
- Able to analyse and evaluate their own and others' work, using results for self-improvement
- Understand how to improve skill from observation.
- High level of understanding of principles of health-related exercise and their application in a variety of activities
- Particularly high levels of fitness for their age
- Specific strengths in particular areas, e.g. games or dance
- Able to make decisions for themselves and others
- Able to perform advanced skills and techniques and transfer skills between activities
- Able to take the initiative; demonstrate autonomy, leadership and independence of thought
- Respond quickly to new challenges and tasks
- Able to reflect on processes and outcomes to improve performance

- Take risks with ideas and approaches
- Respond quickly to new challenges and tasks.
- Show perseverance and commitment
- Creative or original in their physical response.
- Involvement with a range of related extracurricular activities#
- Show an awareness of their body in space:
 - Jump and twist.
 - Jump and head a ball.
 - Leap from 1 piece of equipment to another.
 - Somersault-trampoline/in water/floor work (advanced)/on ropes.