

K.S4 - PHYSICAL EDUCATION

LEVEL 4 - you must be able to:-

- Link your games skills and techniques together and use them accurately and appropriately in different types of games
- Perform your games skills precisely, showing control and fluency
- Show an understanding of basic attacking and defending tactics in different types of games
- Compare and comment on games skills, techniques and ideas used in your own and other students' work
- Use your comments to improve games performance
- Explain and use basic safety rules in preparing for games
- Describe what effect games has on your body
- Know and describe how games are valuable to your fitness and health

LEVEL 5 - you must be able to:-

- Select and combine games skills, techniques and ideas together and use them accurately and appropriately
- Consistently perform games skills with precision, control and fluency
- Use what you know about strategy and tactics when performing in a game situation
- Analyse and comment on games skills and techniques
- Explain how games skills and techniques are used in your own and other students' work
- Change and refine your game skills and techniques to improve performance
- Explain how the body reacts during different types of games activity
- Warm up and cool down appropriately for games activities
- Explain why regular, safe games activities are good for your fitness and health

LEVEL 6 - you must be able to:-

- Select and combine your games skills, techniques and ideas
- Apply your games skills in ways that suit the activity and consistently show precision, control and fluency
- Plan and perform your work individually and with other students using what you know about games strategy and tactics
- Use what you know about your own and other students' strengths and weaknesses to improve your games performance
- Analyse and comment on games skills, techniques and ideas and how these are used in your own and other students' work
- Suggest ways to improve games skills, strategy and tactical play
- Explain how to prepare for and recover from games activities
- Explain how different types of games exercise helps your health and fitness
- Describe how you might get involved in other types of games activities and exercise

LEVEL 7 - you must be able to:-

- Select and combine your advanced games skills, techniques and ideas
- Adapt your games skills accurately and appropriately to the demands of the activity
- Consistently show precision, control, fluency and originality in your games and performance
- Use what you know about advanced games strategy and tactics and apply these to your own and other students' work
- Modify and adapt your performance in games in relation to changing circumstances and other performers
- Analyse and comment on your own and other students' games performance as an individual and team member
- Show your understanding of how games skills, strategy, tactics and fitness relate to a quality performance
- Plan ways to improve your own and other students' games performance
- Explain the principles of practice and training and apply them effectively to your own games performance
- Explain the benefits of regular, planned games activity on health and fitness
- Plan your own appropriate games exercise and activity programme

LEVEL 8 - you must be able to:-

- Consistently distinguish and apply advanced games skills, techniques and ideas
- Consistently show high standards of precision, control, fluency and originality in your games performance
- Use what you know about the principles of advanced games tactics and apply these with proficiency and fair play in your own and other students' work
- Adapt advanced games tactics appropriately in response to changing circumstances and other players
- Evaluate your own and other students' games work, showing an understanding of the impact of skills, strategy, tactics and fitness has on the quality and effectiveness of performance
- Plan ways in which your own and other students' games performance could be improved
- Create action plans and ways of monitoring improvement in games performance
- Use your knowledge of health and fitness to plan and evaluate your own and other students' games exercise and activity programme