



**Analysis, Evaluation,
Decision Making
Tactics and Strategies**

**Tactical
ME**



**Active
ME**



**Performance, Health,
Physical Literacy &
Activity levels**

**Social
ME**



**Behaviour, Attitude, Communication, Teamwork,
Leadership & Resilience**

C	SS	 Active ME	 Tactical ME	 Social ME
10	P1	Demonstrates limited application of skills and techniques as an individual or team performer in a sporting activities. Ability to maintain performance is inconsistent. Can describe the effects of exercise/warm-up on the body.	Creativity, use of tactics/strategies/ compositional ideas and decision-making often shows limited accuracy and fluency. Review of their performance is basic and outlines strengths and weaknesses with limited explanation. Can apply basic application methods to improve performance and addresses weaknesses in a limited way.	Limited awareness of role within a team/group. Limited contribution and communication with a team/group. Participates in warm-up activities with others in a small group, follows simple rules in activities, listens to and follows instructions from others
20	M1			
30	D1			
40	P2	Demonstrates a sound application of skills and techniques as an Individual/team performer in a sporting activities. Ability to maintain performance is sometimes consistent. This is supported through attendance of extra-curricular clubs. Can identify a range of fitness components required for success and understands the importance of regular exercise.	Creativity, use of tactics/strategies/ compositional ideas and decision-making shows some accuracy and fluency. Review of performance is sound in some aspects. Can describe strengths and weaknesses with some explanation and justification. Can apply sound practice to improve performance and adequately addresses weaknesses where improvement is needed.	Some awareness of role within a team/group. Shows some contribution and communication with a team/group. Confidently leads small group activities, consistently demonstrates independence and collaborative abilities without requiring support. Possesses a strong understanding of sportsmanship, providing support to others when needed.
50	M2			
60	M2+			
70	D2	Demonstrates comprehensive application of skills and techniques as an individual/team performer in sporting activities. Ability to maintain performance is consistent and confident. This is supported through attendance of extra-curricular and community clubs. Can identify all fitness components, articulate the significance of a balanced lifestyle and the role of exercise and nutrition in achieving it.	Creativity, use of tactics/strategies/ compositional ideas and decision-making shows accuracy and fluency on most occasions. Can review performance in detail regarding most aspects. Is able to Comprehensively describe the strengths and weaknesses with in depth analysis and justification. The application of practice methods is considered & comprehensively addresses the weaknesses.	Clear and well-developed awareness of role within a team/group. Shows a clear and well-developed contribution and communication with a team/group. Confidently leads others when organising or officiating activities, effectively motivates and encourages positive values in others. Demonstrates emotional management during challenging situations, and persistently perseveres even when facing difficulties or making errors.
80				
90	D2+			
90+				