Applying Physical

Perform single skills

I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

Travel in different ways

I can move confidently in different ways.

Perform simple sequences

I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed.

Perform with control

I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.

Link with quality

I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.

Combine with fluency

I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.

Apply with consistency

I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations.

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