

**Grade Description**

1	Improve the speed of your decision making whilst under pressure in a competitive situation
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2	Aim to try a variety of positions in a range of activities to develop a greater game understanding
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3	Develop more quality and detail when evaluating your own and others' performance
3	Develop more quality and detail when evaluating your own and others' performance
4	Perform with more fluency and control to increase the precision of your movements
4	Perform with more fluency and control to increase the precision of your movements
5	Apply a variety of skills consistently when you are in a competitive/formal situation
5	Apply a variety of skills consistently when you are in a competitive/formal situation
6	Use a variety of skills/tactics to outwit an opponent, and modify your ideas to improve success
6	Use a variety of skills/tactics to outwit an opponent, and modify your ideas to improve success
7	Improve your planning of skills and tactics to make your performances more effective
7	Improve your planning of skills and tactics to make your performances more effective
8	Develop your leadership skills to create an improvement in performance
8	Develop your leadership skills to create an improvement in performance
9	Use your body tension effectively at all times when performing
9	Use your body tension effectively at all times when performing
10	Improve your footwork and positioning to make the skill easier
10	Improve your footwork and positioning to make the skill easier
11	Warm up independently for different activities
11	Warm up independently for different activities
12	Persevere with difficult tasks even when immediate success is not achieved
12	Persevere with difficult tasks even when immediate success is not achieved
13	Bring correct and appropriate kit for all activities
13	Bring correct and appropriate kit for all activities
14	Improve your physical fitness by increasing your activity levels
14	Improve your physical fitness by increasing your activity levels
15	Develop your knowledge and application of rules
15	Develop your knowledge and application of rules