

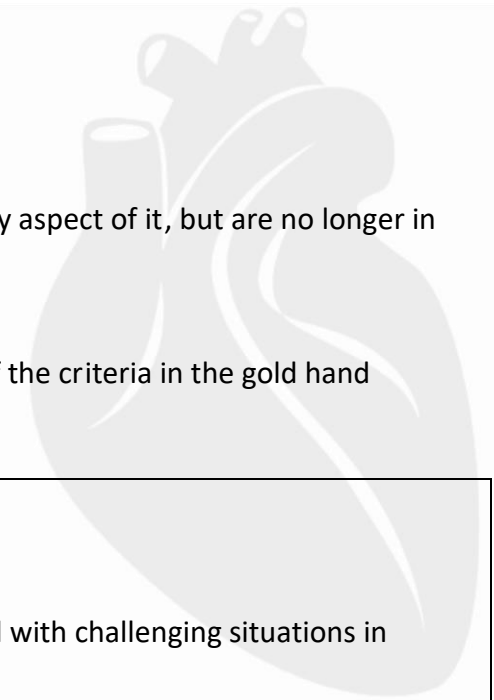
Heart: Effort, Resilience, Respect, Motivation, Commitment

Developing or Secure?

Developing - This means you have started to acquire 2 or more of the criteria in this standard. You may not have met every aspect of it, but are no longer in the standard below.

Secure - This means you have secured a standard and met the majority of the criteria in it.

For example, developing gold hands means you have already secured silver hands and are now starting to acquire some of the criteria in the gold hand standard.



Bronze

- I make some effort in the curriculum activities I like, although this can be inconsistent across the range undertaken.
- My effort and enthusiasm increases with teacher and peer encouragement, though I can find it difficult when faced with challenging situations in lessons.
- I need to be willing to take failure more positively, understanding that failure is often the first steps to success.
- I may at times lack motivation to succeed in practical activities.
- On occasion I have shown some determination in activities I like.

Silver

- I apply a satisfactory level of effort in most aspects of the Physical Education curriculum.
- I have shown some interest in extracurricular sport activities I like, although this could be more consistent.
- I am starting to show signs of resilience when faced with a difficult or challenging situation in many sporting activities.
- I am beginning to understand how to take failure more positively, understanding that failure is often the first steps to success.
- I am motivated to succeed in practical activities that I enjoy. This needs to be transferred to all aspects of the curriculum.
- My participation and kit record is consistently good.

Gold	<ul style="list-style-type: none"> • I demonstrate a good level of effort in all aspects of curriculum and the extra-curricular activities that I attend. On occasion, I have demonstrated outstanding work ethic and determination in the activities I like the best. • I am starting to develop my empathy towards my class peers by supporting others. I should aim to be more consistent with this across all practical activities. • I work hard to demonstrate a resilient approach to my progress through challenging practical activities. • I am understand that failure is often the first steps to achieving sustained success. • I am motivated to succeed in most practical activities. • I have shown interest in extra-curricular sport this year. My participation and kit record is consistently good.
Platinum	<ul style="list-style-type: none"> • I consistently strive to apply maximum effort in all curriculum activities and extra-curricular activities regardless of their nature. I act as a role model to my class peers, representing a determination to succeed. • I demonstrate empathy towards my class peers, providing support and encouragement to others, regardless of their ability. • I understand that success takes hard work and time to achieve. I strive to take setbacks and failures maturely, using my experiences and feedback to progress in all activities. • I embrace diversity in PE, encouraging others to participate in extracurricular activities. • I maintain and demonstrate high levels of motivation in a wide range of curriculum and extra-curricular sporting activities. • I enjoy representing my school in many extra-curricular sporting activities. I remain committed to being the best version of myself and maintain a high standard of participation and attendance.
Diamond	<ul style="list-style-type: none"> • I consistently apply maximum effort in all curriculum activities and extra-curricular activities regardless of their nature. I act as a role model to my class peers, demonstrating a determination to succeed in all practical activities. • I demonstrate a high degree of empathy towards my class peers, providing support and encouragement to others, regardless of their ability. • I understand and demonstrate that success takes hard work and time to achieve. I take setbacks and failures maturely, using my experiences, feedback and attitude to demonstrate progression in all activities. • I celebrate and embrace diversity in PE, encouraging others to participate in extracurricular activities. • I maintain, demonstrate and promote high levels of motivation in a wide range of curriculum and extra-curricular sporting activities. • I am proud to represent my school in many extra-curricular sporting activities. I remain committed to demonstrating the best version of myself and maintain an exemplary participation and attendance record.

