

Hands: Skill Development, Skill Application, Fitness Levels, Technique, Competitive

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 am beginning to show an understanding of how skills should be performed, although I struggle to maintain techniques within many isolated and progressive drills.
- I am starting to demonstrate these skills with some fluency. I need to challenge myself to correctly adapt them when faced with progressively challenging situations.
- I can at times find physically demanding tasks difficult, resulting in flaws in performance as a result of a lack of physical fitness.
- I apply some basic skills into isolated drills, although I fail to maintain the appropriate technique in progressive drills.
- When faced with competitive situations, my technique can falter over a range of both individual and team activities.
- I am starting to acquire and produce basic skills well in a range of both individual and team activities.

Silver

- I demonstrate some skills with elements of appropriate technique, although this can be inconsistent across a broader range of activities. I sometimes struggle to maintain the appropriate techniques in isolated and progressive drills.
- I am starting to demonstrate these skills with some precision and can implement them when faced with progressively challenging situations.
- I can sustain a satisfactory level of performance for short periods of time but may find it difficult to perform consistently in endurance-based activities.
- I apply basic and simple skills into both isolated and progressive drills. Some skills are starting to be applied with fluency, control and confidence.
- I am starting to demonstrate consistent technique and application of skill in competitive activities over a range of both individual and team sports.
- I sometimes show an ability to acquire and produce skills well in a wide range of both individual and team activities.

Gold	<ul style="list-style-type: none"> • I am able to maintain a sound level of technique within isolated and progressive drills. Some skills are performed with technical errors and on occasion can adapt when faced with progressively challenging situations. • I demonstrate good levels of physical fitness in many curricular activities. • I can mostly apply a range of advanced skills into both isolated and progressive drills. My technique is mostly maintained throughout many activities when faced with more advanced competitive situations. My skills are mostly applied with fluency, control and confidence. • I mostly demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports. • I am able to acquire and produce basic skills well to a wide range of both individual and team activities. • I contribute to both attack and defence for my team in team activities.
Platinum	<ul style="list-style-type: none"> • I demonstrate a good level of skill technique within isolated and progressive drills. • I demonstrate skills with minor errors and can adapt when faced with progressively challenging situations. • I demonstrate high levels of physical fitness over a broad range of activities. • I can successfully apply a range of advanced skills in both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are almost always applied with fluency, control and confidence. • I demonstrate good technique and application of skill in competitive activities over a range of both individual and team sports. • I can learn and progress complicated skills well to a broad range of both individual and team activities.
Diamond	<ul style="list-style-type: none"> • I consistently demonstrate advanced skill technique within both isolated and progressive drills. • I demonstrate skills that are performed with few errors and I adapt when faced with progressively challenging situations. • I demonstrate outstanding levels of physical fitness over a broad range of activities. • I can successfully apply complex skills into both isolated and progressive drills. My technique is maintained throughout many activities when faced with more advanced competitive situations. My skills are consistently applied with fluency, control and confidence. • I demonstrate advanced technique and application of skill in competitive activities over a range of both individual and team sports. • I can acquire and develop complex skills consistently well to a broad range of both individual and team activities.

