

PHYSICAL EDUCATION

Level 1

Learners demonstrate body awareness in personal and in general space and basic locomotor, non-locomotor and manipulative skills. They apply these skills in stable play environments and in relationships to objects, partners and rhythm. They show practical understanding of basic movement vocabulary and apply, with teacher reinforcement, class rules, procedures, and safe practices. They show positive participation in physical activity.

Level 2

Learners demonstrate movement literacy in simple movement sequences. They demonstrate satisfactory control in receiving, retaining, throwing and hitting various objects using a variety of body parts and different implements. They use basic vocabulary and terms to describe the above fundamental skills. They participate and collaborate in group play.

Level 3

Learners demonstrate satisfactory control and coordination in weight bearing and balance activities as well as in simple inverted skills. They apply basic effort concepts of time, weight, flow to movement sequences and to simple game situations with and without implements. They recognise the most important critical elements of basic locomotor, non-locomotor and manipulative skills. They show positive involvement and perseverance in set tasks.

Level 4

Learners perform rotational and inverted skills with a partner and in a group. They demonstrate a more mature form of locomotor, non-locomotor and manipulate skills and in handling a greater variety of implements. They design and perform simple movement sequences and skills. They appreciate the value of health and fitness. Participation is shown through sharing within groups and through their own enthusiasm.

Level 5

Learners combine locomotor, non-locomotor, manipulative, balance, rotational and inverted skills in a variety of situations. They plan and apply basic principles of space creation and space denial in simple game contexts. They recognise and understand the implications of physical activity on the body during exercise. They learn to differentiate between acceptable and non-acceptable practices and behaviours. They work productively in a group to accomplish set tasks.

Level 6

Learners demonstrate competence in the application of a variety of movement skills and experiment in modifying, designing and executing games, strategies and sequences. They compare and contrast performances and, with prompting, indicate similarities and differences. They can differentiate between the various types of exercise and training methods and their relation to fitness. Participation is shown through consistent response to challenges and competition with reliability and fair play.

Level 7

Learners adapt and apply the critical elements for advanced skills in complex movement and game situations. They use movement concepts and principles to modify, design and execute games and sequences with precision, control, fluency and originality. They analyse and comment on their own and others' work. They understand the fundamental concepts and principles of training and

conditioning that enhance performance. Participation is demonstrated through commitment and readiness to act independently of peer pressure.

They analyse and comment on their own and others work.

Level 8

Learners perform advanced movement skills in at least three of the following areas: swimming, games, athletics and gym and dance activities. They design, apply and refine movement skills and patterns to meet novel and changing situations. They apply their knowledge of fitness and training to plan their own and others' training programmes. They have knowledge of scientifically based information regarding body systems and performance. Participation is demonstrated through pushing one's own limits of ability.